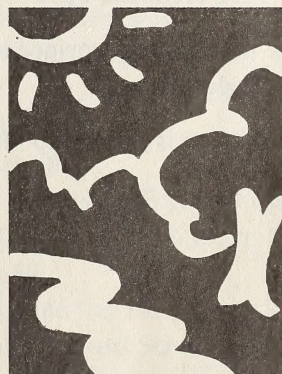
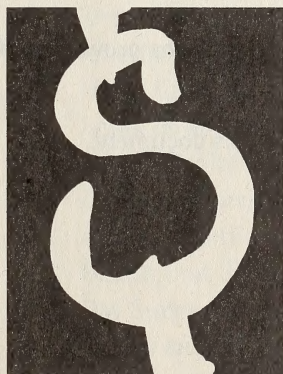
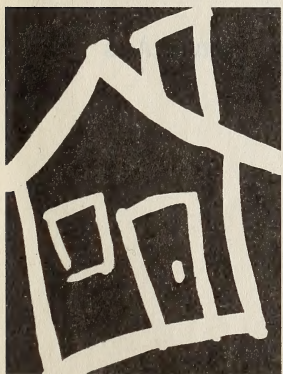


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Programs For Seniors 1995



Seniors Advisory Council For Alberta

For more information about programs, benefits and services for seniors or to obtain free copies of this book, phone:

**The Alberta Community Development
Seniors' Information Line**

**Call toll free:
1-800-642-3853**

**or in the Edmonton area:
427-7876**

You may also order copies of this book through:

**Seniors Policy and Programs
Alberta Community Development**
Suite 1660, Standard Life Centre
10405 Jasper Avenue
Edmonton, Alberta T5J 4R7
Phone: (403) 427-6358
FAX: (403) 427-1689

OR:

**Seniors Advisory Council for Alberta
Alberta Health**
Main Floor
10025 Jasper Avenue
Edmonton, Alberta T5J 2N3
Phone: (403) 422-2321
FAX: (403) 422-3207

The information provided is subject to the provisions of the pertinent Acts and Regulations.

Permission is granted to reprint this document.

Table of Contents

Message from the Premier of Alberta, V

Seniors Advisory Council for Alberta, 1

Seniors Policy and Programs, 2

Government of Alberta Information (RITE) System, 3

Retirement Income, 4

Federal Government Programs, 4

Old Age Security Pension (OAS), 5

Guaranteed Income Supplement (GIS), 7

Spouse's Allowance, 8

Widowed Spouse's Allowance, 8

Canada Pension Plan (CPP), 9

Veterans Affairs Canada, 12

GST Credit, 13

Community Volunteer Tax Program , 13

Provincial Government Programs, 14

Alberta Seniors Benefit (ASB), 14

Alberta Widows' Pension Program, 18

Supports for Independence (Social Allowance), 19

Health Benefits and Services, 20

Alberta Health Care Insurance Plan (AHCIP), 20

The Extended Health Benefits Program (EHB), 23

Alberta Blue Cross®, 28

Temporary Absence from Alberta, 30

Alberta Aids to Daily Living (AADL), 33

Home Care, 36

Long-Term Care Centres, 37

Mental Health Services, 38

Geriatric Assessment and Rehabilitation Hospitals, 39

Alberta Health Facilities Review Committee, 40

Health Unit Services, 40

Day Support Programs and Day Hospitals, 41

Family and Community Support Services, 41

Victorian Order of Nurses, 42

Private Agencies, 42

Meals-on-Wheels, 43

Alberta Monitoring for Health Program, 43
Veterans Independence Program, 43
The Canadian National Institute for the Blind (CNIB), 44
Alberta Alcohol and Drug Abuse Commission (AADAC), 45

Housing Services, 47

Provincial Government Programs, 47

Home Adaptation Program, 47

Senior Citizens' Lodge Program, 48

Self-Contained Apartments for Seniors, 49

Private Lodges and Apartments, 49

Other Housing Options for Seniors, 49

Housing Registries, 50

Federal Government Programs, 51

Residential Rehabilitation Assistance Program (RRAP)
for Homeowners, 51

Residential Rehabilitation Assistance Program
for Disabled Persons, 52

Residential Rehabilitation Assistance Program for Rental Units, 52

Residential Rehabilitation Assistance Program
for Rooming Houses, 52

Life Enrichment Opportunities, 53

Seniors' Centres, 53

Family and Community Support Services (FCSS) Programs, 53

New Horizon's Seniors Community Program, 53

Active Living Opportunities, 54

Volunteer Services and Opportunities, 55

Continuing Education, 56

Consumer Help, 57

Transportation, 59

Bus Passes, 59

Special Transportation Help, 60

Handicapped Placard, 60

Travel Discounts, 60

Legal Services, 61

Victims' Assistance Program, 61

Office of the Ombudsman, 61

Legal Aid Society, 62

Public Trustee, 62

Public Guardian, 63

Lawyer Referral Service, **64**

Dial-A-Law, **64**

Seniors Advisory Council for Alberta, Publications, **64**

Provincial Organizations for Seniors, 65

Alberta Council on Aging, **65**

Canadian Pensioners Concerned, Alberta Division, **66**

Alberta Pensioners and Senior Citizens Organization, **66**

Alberta Senior Citizens Sport and Recreation Association, **67**

Congratulatory Messages, 68


Appendix I — Health Units and Sub-Offices, 70

Appendix II — Family and Community Support Services Offices, 79

Appendix III — Local Information and Referral Centres, 90

Appendix IV — Regional Health Authorities (RHAs), 92

Index, 94



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THE PREMIER OF ALBERTA

MESSAGE FROM PREMIER KLEIN

Together with my colleagues, the Honourable Gary Mar, Minister of Community Development, the Honourable Shirley McClellan, Minister of Health, and Jocelyn Burgener, Chairman of the Seniors Advisory Council for Alberta, it is my pleasure to introduce the 1995 edition of ***Programs For Seniors***. This reference guide highlights our commitment to meeting the essential needs of seniors and to ensuring that seniors continue to enjoy independent and productive lives in Alberta.

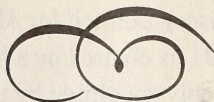
This book will be a valuable tool for understanding the support services available to older Albertans. It contains important information on both the provincial and federal programs. Over the last year, we have initiated a number of changes to seniors' programs. The Government of Alberta is committed to monitoring the effects of these changes on the lives of individuals and continuing the maintenance and promotion of the health and well-being of Alberta's seniors.

A stylized, handwritten signature in black ink, consisting of several loops and a long horizontal stroke at the bottom.

Ralph Klein

Seniors Policy and Programs

Women's and Seniors Secretariat, Alberta Community Development



Seniors Policy and Programs, Alberta Community Development, was established in 1993 as a central coordinating structure within government to address issues of concern to senior citizens. Major objectives of Seniors Policy and Programs are to:

- (a) review, analyze and make recommendations on legislation, policies and programs affecting seniors
- (b) act as a catalyst and consultant within government to ensure that seniors' perspectives are considered in policy and program development
- (c) provide information and promote government and public awareness of seniors' issues and matters relating to aging.

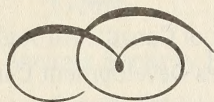
To achieve these objectives, Seniors Policy and Programs:

- advises the Minister of Community Development and government departments on needs, priorities, strategies and programs related to seniors' issues and matters related to aging
- monitors trends and conducts policy analysis and research on seniors' and aging issues
- builds strategic alliances and undertakes joint endeavours with other Alberta government departments, and with organizations and agencies in the community
- liaises at the federal/provincial/territorial level on seniors issues, and participates in the development and coordination of inter-governmental strategies and policies
- consults with seniors and seniors organizations on policies, programs and research to promote and preserve the independence, security and well being of Alberta seniors
- promotes education and public and government awareness on issues relating to aging.

For more information, contact:

Seniors Policy and Programs 427-6358
1660 Standard Life Centre
10405 Jasper Avenue
Edmonton, Alberta T5J 4R7
FAX: 427-1689

Government of Alberta Information (RITE) System



You can obtain information on any provincial government program by calling the Government of Alberta Information System or the "RITE" line. To use this toll free service, simply dial **310-0000** from anywhere in Alberta.

Give the RITE operator the phone number or the name of the department you would like to contact, and they will connect you. If you are not sure which department you need to contact, ask the RITE operator. No long distance charges will apply.

For information about programs, benefits and services for seniors, phone

The Alberta Community Development Seniors' Information Line

Toll free outside of the Edmonton area:

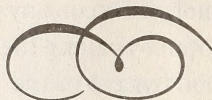
1-800-642-3853

In Edmonton and area:

427-7876

Retirement Income

Federal Government Programs



The Government of Canada, through the department of Human Resources Development Canada, is currently redesigning the way it delivers its income security programs. This will significantly improve the service they provide to the thousands of Albertans who receive benefits. For example, it will now take half a day to process a simple Old Age Security application. This task took seven days in the past. Similarly, it will now take one day to process a Canada Pension Plan Retirement application, as compared to the 13 days previously required.

In addition, when you call the offices of Human Resources Development Canada, you will now be able to use an Interactive Voice Response system. This system will allow you to get answers to your questions about files or circumstances by simply pushing buttons on your telephone. If you prefer, the system will also allow you to speak directly to a staff member.

As described below, the federal government has offices in different areas of the province where you can obtain information about Old Age Security (OAS), Guaranteed Income Supplement (GIS), Spouse's Allowance and the Canada Pension Plan (CPP).

Income Security Programs offices open on a full-time basis:

Calgary	292-5559 English
2nd Floor	292-5877 French
Government of Canada Building	
220 4th Avenue S.E.	
T2G 4X3	
Edmonton	497-2330 English
M01 Canada Place	497-2335 French
9700 Jasper Avenue	
T5J 4C2	
Lethbridge	382-3125
Room 100	
410 Stafford Drive South	
T1J 2L2	

Red Deer 340-4222
5233 – 49th Avenue
T4N 6G5

In other areas of the province phone toll free:

English 1-800-661-3921
French 1-800-661-8828

Income Security Programs offices open on a part-time basis:

Grande Prairie

Tuesday, Wednesday, Thursday
10 a.m. to 4 p.m.
10121 – 97th Avenue
T8V 0N5

Medicine Hat

Monday to Friday
10 a.m. to 3:30 p.m.
Commercial Building
1001 Kingsway Avenue S.E.
T1A 2X7

You can make enquiries and book appointments by calling the above toll free line to determine when representatives may be available in other centres. Phones are very busy after the 20th of the month. If you need general information and wish to avoid long waits, please call early in the month and/or in the early or late part of the day.

Old Age Security Pension (OAS)

The OAS pension is available to you, regardless of your income or assets. To be eligible you must:

- be at least age 65 (you do not have to be retired)
- be a legal resident of Canada
- have lived the required number of years in Canada.

The monthly payment as of January 1, 1995 is \$387.74. Payments increase in January, April, July and October of each year if there is an increase in the cost-of-living index. Your first cheque is due in the month following your 65th birthday. If you do not apply for the pension until after your 65th birthday, any arrears due to you will be included in your first pension cheque.

You must apply for this pension. If possible, send in your application six months before your 65th birthday. Application forms are available at any Income Security Programs office. Include your birth or baptismal certificate. If you do not have proof of age, the office will help you with this. If you were born outside of Canada, you must also provide proof of legal status as a resident of Canada. The minimum residence requirement is 10 years.

If you immigrated to Canada after July 1, 1977, your Old Age Security is earned at the rate of 1/40th of the regular pension for each complete year you have lived in Canada, to a maximum of 40 years. Proof of entry is required.

If you have lived in Canada for 20 years between your 18th and 65th birthdays, you can continue to receive Old Age Security payments if you leave the country. If you have **not** lived in Canada for 20 years since your 18th birthday, you may receive payments outside of Canada for only six months. You can apply for payments again when you return to live in Canada.

Some seniors qualify for a pension under a Reciprocal Agreement. A Reciprocal Agreement on Social Security means two countries agree to provide social security to their citizens in either country. Age, residence and legal status are still qualifying factors. The minimum residence requirement is still 10 years.

Canada has reciprocal agreements with: Australia, Austria, Barbados, Belgium, Cyprus, Denmark, Dominica, Finland, France, Germany, Greece, Iceland, Ireland, Italy, Jamaica, Luxembourg, Malta, the Netherlands, Norway, Portugal, Saint Kitts and Nevis, Saint Lucia, Spain, Sweden and the United States. For information, contact your nearest Income Security Programs office.

To obtain forms for direct deposit of cheques or withholding of tax, contact your Income Security Programs office (see pages 4 and 5 for addresses and phone numbers).

Your T4 slip for Old Age Security payments is issued in January.

The federal government will send you a **Senior Citizens (Blue) Identification Card** approximately six to eight weeks after you receive your first Old Age Security cheque.

Guaranteed Income Supplement (GIS)

The GIS is available to seniors who receive the Old Age Security pension and have little or no other income.

Eligibility and the amount of the supplement depend on your total family income in the previous calendar year and your marital status.

Income includes earnings, rents, interest, dividends and amounts received under retirement plans (including Canada Pension Plan and Worker's Compensation Board payments). Income does **not** include Old Age Security, the Family Allowance or the War Veterans Allowance.

As of January 1995, the maximum amount of the supplement is:

- single: \$460.79 per month
- married: \$300.14 for each spouse per month.

The Guaranteed Income Supplement (GIS) is added to the federal Old Age Security cheque each month.

If the cost of living goes up, the GIS goes up in January, April, July and October.

Note: If both spouses are receiving GIS but are living apart or separated because of reasons beyond their control (for example, one partner is in a long-term care centre), they can apply to be considered single for the purpose of GIS. This rule also applies when couples have voluntarily decided to separate and have been living apart for at least six months after the month of separation.

If you leave Canada, the supplement is payable for the month you leave and for six additional months. You can reapply when you return to live in Canada.

Applications for the GIS are available from your nearest Income Security Programs office (see pages 4 and 5 for addresses and phone numbers). **You must reapply each year.** If you have been receiving the GIS, application forms will be sent out to you in January of each year. In order to receive the GIS for the coming year (beginning in April), you should return the completed forms before March 31.

Spouse's Allowance

This allowance is paid to spouses of pensioners who are receiving the Guaranteed Income Supplement. A common-law relationship may be recognized. To be eligible you must:

- be age 60 through 64 (Proof of age is required.)
- have lived in Canada at least 10 years before you apply. (If you were born outside of Canada, you must have proof of legal status as well as proof of age.)

People who are eligible for this federal government allowance should apply six months before their 60th birthday. This allowance continues until age 65 even if the spouse who was receiving Old Age Security dies.

The amount of the spouse's allowance depends on the couple's combined income in the previous calendar year. Effective January, 1995 the maximum payment is \$687.88 a month. Payments are increased in January, April, July and October each year if there is an increase in the cost-of-living index.

To obtain application forms, contact your nearest Income Security Programs office (see pages 4 and 5 for addresses and phone numbers).

Widowed Spouse's Allowance

The Widowed Spouse's Allowance is available to widows or widowers of a legal or common-law marriage who have little or no other income. If these widows or widowers remarry, they are no longer eligible. Also, if you were divorced from a spouse who is now deceased, you cannot qualify for this benefit. To be eligible you must:

- be age 60 through 64 (Proof of age is required.)
- be a Canadian citizen or legal resident in Canada
- have lived in Canada after age 18 for a minimum of 10 years
- have proof of marriage
- have the death certificate of your spouse.

If you leave Canada, the allowance is payable for the month of departure and for six additional months. You can reapply when you return to live in Canada.

The amount of the Widowed Spouse's Allowance depends on your income in the previous calendar year. Effective January 1995, the maximum Widowed Spouse's Allowance is \$759.42 a month.

For application forms and/or information, contact your nearest Income Security Programs office (see pages 4 and 5 for addresses and phone numbers). **You must reapply each year.** If you have been receiving the Widowed Spouse's Allowance, application forms will be sent out to you each year.

Canada Pension Plan (CPP)

You contribute to the Canada Pension Plan through your place of employment. You may be eligible for benefits if you have paid into the plan for at least one year. You can apply for this pension at age 60 or over. **If possible, submit your application six months before you wish the pension to begin.** To obtain information and/or application forms, contact your nearest Income Security Programs office (see pages 4 and 5 for addresses and phone numbers).

Retirement pension. The retirement pension is payable one month after your 65th birthday. It is equal to 25% of your average adjusted monthly pensionable earnings. The retirement pension amount will be adjusted each year to reflect changes in the cost of living.

You do **not** have to cease employment to receive the retirement pension. If you continue working while receiving this pension, be sure to inform your employer, who will discontinue contribution deductions. You cannot continue to contribute to the plan once you are receiving your pension.

Applications made between ages 60 and 64. You may apply for Canada Pension Plan retirement benefits before age 65, provided that you have substantially ceased employment. If you decide to engage in part-time employment after you have begun receiving your pension, your yearly earnings must be less than the maximum yearly CPP retirement pension payable at age 65. (In 1994 this maximum was approximately \$8,558.)

If you apply for retirement benefits before age 65, the pension will be reduced by 0.5% for each month between the date your pension begins and the month after your 65th birthday. The pension payment will **not** be readjusted when you reach age 65.

Applications made at 65 years of age and over. If you continue working past age 65, you can continue making contributions to the Canada Pension Plan. You can delay making an application for the pension until you reach age 70. Your pension payments will increase 0.5% for each month

after your 65th birthday until your pension begins **or** until you reach age 70. There will no further increases in your pension amount after age 70.

Pension payments under CPP start after the date stated on your application or in the month following the month your application is received in the Income Security Programs office. Generally there are no back payments. An exception would be made if an application were made after the age of 70. In this case, back payments can be made for a maximum of 12 months only, including the month in which the application is received.

Spouses in an ongoing relationship can apply to share their CPP retirement pension payments. Both must be at least age 60 and both must have applied for any CPP retirement pension to which they may be entitled.

Pension splitting after a divorce. When a marriage ends in divorce, Canada Pension Plan pension credits can be divided between the spouses. This occurs automatically, provided that the Income Security Programs office is notified. To obtain forms to request pension splitting upon divorce, contact any Income Security Programs office.

The pension splitting provision also applies to common-law relationships, provided that:

- the common-law spouses have been separated for at least one year
- the separation occurred after January 1, 1987
- application is made within four years of the separation.

In all cases (divorce or the ending of a common-law relationship), the spouses must have lived together for at least 12 months.

Canada Pension Plan benefit rates. The amount of the pension depends on your wages when employed, the number of years you were employed, and the age at which you begin to take the pension payments. Benefits include:

	CPP 1995 Maximum Benefit Rates
A monthly retirement pension at age 65	\$713.19
A monthly disability pension to persons under 65	\$854.74
A monthly benefit for children dependent on a disabled person under 65	\$161.27
A monthly spouse's pension for widows/widowers whose spouse had contributed to the plan	
survivor under 65	\$392.24
survivor over 65	\$427.91
A monthly pension for orphans	\$161.27
A death benefit	\$3,490.00

Note: T4 slips for Canada Pension Plan payments are mailed before the end of February each year. Both OAS and CPP benefits are taxable. You may arrange to have tax withheld on either or both of these payments.

If you are eligible for both the Old Age Security Pension and Canada Pension Plan, you may apply for both at the same time. Contact any Income Security Programs office (see pages 4 and 5 for addresses and phone numbers). Forms can be mailed to you.

Veterans Affairs Canada

Benefits are available to Canadian and allied war veterans or their dependants. These benefits may also be available to other groups that were in a theatre of action such as Merchant Navy and Special Duty Areas.

Benefits include: War Veterans Allowance, War Disability Pensions, coverage of certain hospital and medical expenses, assistance with the cost of eyeglasses and dental care, prosthetic and surgical or medical supplies, counselling services, and assistance with helping qualified veterans remain in their homes and communities for as long as possible. (See Veterans Independence Program, page 43). Funeral and burial grants to eligible veterans are also available.

For information, contact **Veterans Affairs Canada** at:

Calgary	292-4048
Sam Livingston Building	
510 – 12th Avenue S.W.	
T2R 0X5	
Edmonton	495-3762
940 Canada Place	
9700 Jasper Avenue	
T5J 4C3	

GST Credit

The Goods and Services Tax Credit is designed to offset the cost of the GST for families and individuals with lower incomes.

To apply, you must file a tax return and complete the Goods and Services Tax Credit information on page 1 of your tax return. If you are eligible, you will receive payments in July, October, January and April. If your total tax credits are less than \$100, you will receive the full amount in your first quarterly payment. Only one member of each family unit is eligible to apply.

For information about the **GST credit**, contact your nearest income tax office — **Revenue Canada** at:

Calgary	221-8919
T.I.P.S. Line	292-5905
Edmonton	423-3510
T.I.P.S. Line	423-4993

Outside of Edmonton and Calgary:

North of Red Deer	1-800-232-1966
T.I.P.S. Line	1-800-232-7254
South of Red Deer	1-800-332-1410
T.I.P.S. Line	1-800-661-1734

The Tax Information Phone Service (T.I.P.S.) telephone line is an electronic voice answering system that will provide you with general and personal tax information. You can use T.I.P.S. if you have a pushbutton (touch tone) telephone. Recorded messages will direct you through the various choices on the system. The T.I.P.S. line can let you know: the latest status of your tax refund; if you are eligible for the GST credit; the date you can expect to receive your cheque (or cheques) and the amount of Registered Retirement Savings Plan contributions you may deduct for 1994. The T.I.P.S. line will also give you recorded information on a number of tax related topics.

Community Volunteer Tax Program

Each year, Revenue Canada — Taxation works with community volunteers to assist those who need help completing their tax returns. Volunteers are trained to help others who would have trouble completing their returns and cannot afford to pay for help. For information, contact **Revenue Canada** at the phone numbers listed above.

Provincial Government Programs

Alberta Seniors Benefit (ASB)



The Alberta Seniors Benefit is designed to help lower income seniors. It is administered by Alberta Community Development.

If you are eligible for a benefit through this program you could receive:

- a cash payment and a full subsidy of your Alberta Health Care Insurance (AHCI) premiums, or
- a partial subsidy of your AHCI premiums

This section provides general information on the Alberta Seniors Benefit. The program is designed to meet the individual needs of seniors in a wide variety of circumstances. To find out how the program applies to your particular circumstances contact program staff at the phone number or address provided on page 18.

Eligibility

To be eligible for the Alberta Seniors Benefit you must:

- have an income within the limits allowed by the program
- be 65 years old or older
- be a resident of Alberta when you apply and have lived in Alberta for at least 90 days in the year before you apply
- be a Canadian citizen or have been lawfully admitted into Canada for permanent residence

The following circumstances also affect eligibility. Phone the program staff for more information if you:

- are 65 or over but do not receive Old Age Security
- do not own your own home or pay rent
- live in government subsidized accommodation such as a lodge, seniors self-contained apartment or long term care institution
- are an aboriginal senior living on a reserve
- are a Métis senior living in a settlement

Cash Benefit

If you are eligible for a cash benefit it is paid to you at the end of each month. However, if your annual benefit is \$120 or less you will receive one annual payment.

The maximum cash benefit is paid to the lowest income seniors, usually those whose only sources of income are Old Age Security and the maximum Guaranteed Income Supplement. (See pages 4 to 9 for descriptions of these income support programs.) The higher your income the lower your cash benefit will be under this program.

The amount of the annual cash benefit is based on three things:

- **Your income:** If you are married or living common-law, both your income and your spouse's income are included.
- **Your marital status:** You are classed as a single senior if you have never married or if you are divorced, separated or widowed. You are a one-senior couple if you are 65 or older and you are married to, or living common-law with, a spouse who is under 65. You are a two-senior couple if both you and your spouse are 65 or older.
- **The type of accommodation you live in:** The accommodation types are homeowner, regular renter, mobile home owner/renter, and subsidized accommodation (such as a lodge, self-contained seniors' apartment or a long term care centre).

The following chart shows how two of these factors, marital status and accommodation, affect the **maximum** annual cash benefit. Information about the qualifying income levels for the cash benefit is included in the chart on page 17 titled "Income Thresholds for Benefits."

Maximum Annual Cash Benefit

Your marital status:	The type of accommodation you live in:	The maximum annual cash benefit is:
Single	Homeowner	\$1,800
	Regular Renter	\$2,350
	Mobile Home Owner/Renter	\$2,150
	Subsidized Accommodation	\$1,150
One-senior couple	Homeowner	\$1,800
	Regular Renter	\$2,350
	Mobile Home Owner/Renter	\$2,150
	Subsidized Accommodation	\$1,150
Two-senior couple	Homeowner	\$2,950
	Regular Renter	\$3,500
	Mobile Home Owner/Renter	\$3,300
	Subsidized Accommodation	\$2,300

Alberta Health Care Insurance Premium Subsidy

If you are eligible for a cash benefit, then your Alberta Health Care Insurance premiums will be fully subsidized. However, some people who do not qualify for the cash benefit can still receive a partial subsidy for their Alberta Health Care Insurance premiums. The chart in the following section shows how this works.

If you must pay for all or part of your premium, you will be billed four times per year by Alberta Health. Until July 1, 1995 full premiums are \$384 per year for individuals and \$768 per year for families. Effective July 1, 1995 full premiums will be \$408 for individuals and \$816 for families.

Income Thresholds for Benefits

If your marital status is:	If your annual income is:	You will receive:
Single senior	Under \$18,000	A cash benefit plus a full premium subsidy
	\$18,000 to \$20,560	A partial premium subsidy
	Over \$20,560	No premium subsidy
One-senior couple	Under \$24,280	A cash benefit plus a full premium subsidy
	\$24,280 to \$29,400	A partial premium subsidy
	Over \$29,400	No premium subsidy
Two-senior couple	Under \$27,000	A cash benefit plus a full premium subsidy
	\$27,000 to \$32,120	A partial premium subsidy
	Over \$32,120	No premium subsidy

Special Circumstances

If you are a single senior with a non-senior dependant or if you and/or your spouse live in long term care, call the program staff for more information. You may be eligible for special consideration that recognizes your unique needs.

Appeal Process

If you are not satisfied with any decision regarding your Alberta Seniors Benefit, you can appeal to an appeal panel. You can find out about appeal procedures from the program staff at the phone number and address provided on page 18.

Applying for the Alberta Seniors Benefit

Alberta seniors who are registered with the Alberta Health Care Insurance Plan will receive an application for the Alberta Seniors Benefit in the mail three months before their 65th birthday.

If you need an application form or if you would like more information on the Alberta Seniors Benefit you can phone the Seniors' Information Line at:

1-800-642-3853 (toll free)

or

427-7876 in Edmonton

You may also visit the Alberta Seniors Benefit office at:

Main Floor, Standard Life Centre

10405 Jasper Avenue

Edmonton, Alberta

You may write to the Alberta Seniors Benefit at:

Box 3100

Edmonton, Alberta

T5J 4W3

Alberta Widows' Pension Program

The Alberta Widows' Pension Program provides financial assistance to widows or widowers age 55 through 64 who have little or no income. To be eligible you must:

- be a widowed person from a legal marriage
- have an income within the limits allowed by the program
- be an Alberta resident
- be a Canadian citizen or non-sponsored landed immigrant. (Sponsored immigrants without Canadian citizenship are not eligible until the term of sponsorship expires.)

To obtain application forms for the **Alberta Widows' Pension Program**, contact:

- district offices of Alberta Family and Social Services
- Alberta Treasury Branches
- funeral homes
- Indian band administration offices.

Or contact:

Alberta Widows' Pension Program 422-4080

Alberta Family and Social Services

8th Floor, 10035 – 108th Street

Edmonton, Alberta T5J 3E1

Supports for Independence (Social Allowance)

Supports for Independence is a social assistance program for persons who do not have enough income to meet their basic needs. Eligibility is determined by:

- whether there are other means, besides provincial assistance, of meeting needs
- approved needs
- total income from all sources
- assets.

For more information, contact the nearest district office of **Alberta Family and Social Services** (listed in local telephone directories under Government of Alberta).

Health Benefits and Services

Alberta Health Care Insurance Plan (AHCIP)

Alberta Health provides the following benefits to Alberta residents 65 years of age or over, their spouses and eligible dependants and to persons receiving the Alberta Widows' Pension, and their eligible dependants:

- Extended Health Benefits (partial coverage for eyeglasses and dental services)
- Premium-free Alberta Blue Cross coverage

All Alberta residents receive basic medical and hospital services through the payment of Alberta Health Care Insurance Plan (AHCIP) premiums. However, you may be eligible for assistance with AHCIP premiums through the Alberta Seniors Benefit program (see page 16) or if you are receiving the Alberta Widows' Pension.

The following section explains the programs and benefits in more detail and describes how to register for them.

For more information, contact the **Alberta Health Care Insurance Plan**:

By mail:

Alberta Health Care Insurance Plan
Box 1360
Edmonton, Alberta T5J 2N3

In person:

Calgary:

407 – 8th Avenue S.W., Suite 210
T2P 1E5

Edmonton:

10025 Jasper Avenue
T5J 2N3

Office hours are 8:15 a.m. to 4:30 p.m., Monday to Friday.

By telephone: Call 427-1432 or, outside of Edmonton, call 310-0000 and ask the operator for 427-1432. This is a toll-free call.

Note: When calling or writing, please give your personal health number.

Registering for additional benefits. If you are registered with the AHCIP, before your 65th birthday you will be sent a Proof of Age Questionnaire and an application for the Alberta Seniors Benefit (ASB) program.

You must complete these forms and return them to Alberta Community Development along with one of the following: a **copy** of your birth certificate, baptismal certificate, Old Age Security card, Old Age Security entitlement form, passport or immigration record, or naturalization or citizenship certificate. Please do not send original documents as we cannot return them.

If you cannot provide a copy of any of these documents, submit a signed statement before a Commissioner of Oaths as proof of age.

Alberta Community Development will assess your ASB application and determine if you are eligible to receive a full or partial subsidy for your Alberta Health Care Insurance premiums. Otherwise, you will be billed full premiums. Alberta Community Development will notify the AHCIP directly if you are eligible for the subsidy.

For additional information about the Alberta Seniors Benefit program, call Alberta Community Development at 1-800-642-3853 (toll free) or 427-7876 in Edmonton.

Note: If you are receiving the Alberta Widows' Pension, you do not have to submit documentation to become eligible for the benefits previously described. Alberta Family and Social Services notifies AHCIP directly that you are a recipient.

Alberta Health Care Insurance Coverage. Basic coverage includes:

- medically required services of physicians and osteopaths according to an approved benefit schedule
- specific oral surgical procedures performed by a dental surgeon according to an approved benefit schedule
(There is additional dental coverage for seniors, eligible widows/ widowers, and their dependants. See Extended Health Benefits program, page 23)
- some chiropractic services (coverage limit of \$12.66 per visit, \$20.95 for X-rays and \$250 per person per benefit year*)
- some foot care services provided by a podiatrist (coverage limit of \$250 per person per benefit year*)
- physical therapy services provided in a private clinic

- drivers licence medical examinations for people 74 1/2 years and over
- a full eye exam (prescription and fitting of lenses), a partial eye exam (including two or more diagnostic procedures), and a single diagnostic service for persons 19 and under or 65 and over. Each of the three eyecare benefits is allowed once per benefit year.* Eyeglass benefits are also available under the Extended Health Benefits program.

* The AHCIP “benefit year” is from July 1 of one year to June 30 of the following year.

Extra Billing. Extra billing is not permitted for any required medical service, oral surgery or optometric service **that is covered** under the AHCIP. However, not all services provided by physicians, dental surgeons or optometrists are insured through the AHCIP. You are expected to pay the full fee for uninsured services, and should be informed of this fact **before** the service is delivered.

Chiropractors, podiatrists and physical therapists are allowed to extra bill. Insurance agencies providing supplementary health insurance for basic health services can cover extra charges only after the AHCIP’s annual limits have been reached.

Hospital Services. When you are registered with the AHCIP and admitted to an acute care hospital in Alberta for medically required services, you will receive standard ward care, meals, nursing and other services without charge while you are a patient in the hospital.

Other services may include:

- outpatient services
- laboratory and X-ray services
- clinically approved drugs and most medical supplies
- operating and case room facilities
- use of anesthetic equipment, supplies and routine surgical supplies
- radiotherapy and physiotherapy facilities
- other approved services rendered by employees of a hospital.

If you request a private or semi-private hospital room, you will be required to pay a room charge, which is determined by individual hospitals. As a senior, even with Alberta Blue Cross coverage, you will have to pay extra for private or semi-private hospital rooms unless the physician indicates it is medically required.

If you receive inpatient or outpatient services in an approved hospital that are **not** insured under the AHCIP (for example, cosmetic surgery), the

hospital may charge you for the goods and services provided. Please check with the individual hospital concerning their billing policies **before** you are admitted.

For more information about coverage for hospital services, contact:

Area Services Division 427-6080
Alberta Health
Edmonton, Alberta

Outside of Edmonton call 310-0000 (toll free) and ask for the number above.

The Extended Health Benefits Program (EHB)

The Extended Health Benefits (EHB) program helps seniors pay for eyeglasses and some dental services. The EHB program covers people age 65 and over, their spouses and dependants, and people receiving the Alberta Widows' Pension and their dependants.

Note: Please read this section carefully. There are both financial and time limits that apply to EHB benefits.

The EHB program does not provide 100 per cent coverage for services provided by dentists, denturists, dental mechanics, optometrists and opticians, nor does it cover all of the services provided by these practitioners. You may be responsible for part of the cost of these services. Before purchasing eyeglasses or proceeding with dental care (for example, being fitted for new dentures), find out what you are entitled to under the EHB program.

First, contact the AHCIP-EHB office to ensure you have benefits available to you (see page 27 for address and phone number). Some benefit frequency limits apply.

Then, ask the practitioner **ahead of time**:

- how much you will have to pay (the difference between the practitioner's bill and what Alberta Health pays)
- what payment methods are accepted
- if you pay directly, and whether you pay some or all of the cost
- how to get reimbursed from AHCIP if you pay the practitioner directly. (Your practitioner submits a claim on your behalf.)

Eyeglasses. As of January 1, 1995, Extended Health Benefits will pay **one** of the following amounts toward your eyeglasses once every three years. If you

prefer, you can keep your frames and replace one or both lenses instead of buying a complete lens and frame package.

Eyewear — Lenses and frames:

Single Vision	\$57.50
Bifocal*	\$77.50
Trifocal	\$93.50

* You may apply the bifocal benefit toward the purchase of one pair of distance glasses (for near-sightedness) and one pair of reading glasses (for far-sightedness). These must be purchased at the same time.

Eyewear — Lenses only:

	Two	One
Single Vision	\$27.00	\$13.50
Bifocal	\$47.00	\$23.50
Trifocal	\$63.00	\$31.50

Coverage does not include:

- replacing damaged or lost glasses, once the program has already paid for a benefit in the three-year period

(When purchasing your eyeglasses, ask about the warranties that many opticians and optometrists provide.)

- frames only or repairing damaged frames
- contact lenses
- changing lenses following eye surgery, if the program has already paid for a benefit in the current three-year benefit period.

Eligibility. As of January 1, 1995, seniors can access eyeglass benefits once during set three-year benefit periods. The first period is from January 1, 1995, to December 31, 1997. The next period runs from January, 1998 to December, 2000, and so on. All seniors become eligible for eyeglass benefits at the start of each new period.

For example: Regardless of when you bought your last pair of eyeglasses, you qualify to purchase new eyeglasses on January 1, 1995. You may claim your eyeglass benefit **at any time** during the three-year period. On January 1, 1998, all seniors are again eligible for eyeglass benefits.

Dental. The EHB program covers a portion of the cost of dental services. **Before** you have dental work done, discuss with your practitioner what types of dental services EHB covers, and what portion of the cost of those services EHB pays.

EHB will pay a portion of the cost of the following dental services:

- examinations
- X-rays
- restorations (fillings)
- extractions
- root canals
- periodontal preventative treatment (cleaning below the gumline)
- standard complete dentures
- standard partial dentures.

Some limitations apply. Your dentist/denturist will be able to provide you with the details.

Coverage **does not include** services such as:

- bridges
- crowns
- fluoride treatments
- teeth bleaching
- prophylaxis (tooth cleaning and polishing)
- orthodontics
- gold inlays.

Fees charged by dental practitioners can vary. Dental charges in excess of EHB benefits are your responsibility.

Some examples of what you can expect EHB to pay:

	Dentist/Denturist may charge	EHB will pay
complete oral exam	\$55.56	\$20.84
x-ray (one)	\$14.79	\$5.55
cleaning (below the gumline — 1/2 hour)	\$74.08	\$27.78
complete standard denture (upper)	\$656.72	\$246.27
partial standard denture (lower)	\$253.78	\$95.17

These frequency limitations apply to dentures:

- a *complete standard** denture for each upper and lower arch, once every five years
- a *standard* partial* denture on each upper and lower arch, once every five years
- one reline per plate, once every two years.

* Rates paid are for standard dentures. However, the amount paid by EHB may be applied toward more costly dentures.

Note: The time periods are measured from the date the dentures or reline was placed in the mouth.

Dissatisfied with a Service? If you are dissatisfied with your eyeglasses, first deal directly with your optician or optometrist to discuss the problem and the adjustments required. If you continue to have problems, you can contact:

For services provided by an optometrist:

Alberta Association of Optometrists 451-6824
 11830 Kingsway Avenue
 Suite 902
 Edmonton, Alberta T5G 0X5

For services provided by an optician:

Alberta Opticians Association 429-2694
 10665 Jasper Avenue
 Edmonton, Alberta T5J 3S9

If your dentures do not seem to fit, ask your dentist or denturist to make adjustments. Adjustments and post-insertion care within a three-month period of the original insert are included with the purchase of most dentures. You should discuss this with your dentist or denturist **before** ordering dentures.

If you are dissatisfied with dental work, first discuss problems and adjustments with your dentist or denturist directly. If you continue to have problems, you can contact:

For services provided by a dentist:

Alberta Dental Association..... 432-1012
8230 – 105th Street
Suite 101
Edmonton, Alberta T6E 5H9

For services provided by a denturist:

Alberta Denturist Society..... 464-0300
Athabasca Avenue, Suite 201
Sherwood Park, Alberta T8A 4E3

Your claims history. It can be difficult to keep track of your last date of service, but EHB staff can easily give you that information. Call or write to check exactly what EHB coverage you are entitled to.

For more information contact:

Alberta Health Care Insurance Plan
Customer Services and Extended Health Benefits 427-0259

Outside of Edmonton call toll free: 310-0000 and ask for the number above.
or write to the **AHCIP** at:

10025 Jasper Avenue
Box 1360
Edmonton, Alberta T5J 2N3

NOTE: When calling or writing, please give your personal health number.

Alberta Blue Cross®

The AHCIP provides premium-free Alberta Blue Cross supplementary coverage for some health benefits not covered by the AHCIP for all Alberta senior citizens, their spouses and dependants, and Alberta Widows' Pension recipients and their dependants.

When the AHCIP is notified by Alberta Community Development that you or your spouse are age 65, you will automatically be covered by Alberta Blue Cross. This coverage begins the first of the month following your 65th birthday. You will receive an Alberta Blue Cross card for Group 66 or 66A (Alberta Widows' Pension Plan recipients). **You must present this card to health service providers to obtain Alberta Blue Cross benefits.**

An Alberta Blue Cross benefit year is from July 1 of one year to June 30 of the following year. Alberta Blue Cross uses the same benefit year as the AHCIP.

Alberta Blue Cross pays the following:

- **Drugs:** 70% of the cost of prescription drugs (including insulin) listed in the Alberta Health Drug Benefit List. You pay 30% of the cost to a maximum of \$25 for each drug prescribed. The pharmacy bills Alberta Blue Cross directly for the remaining cost of each prescription.

The Drug Benefit List does not include most over-the-counter drug products. Even with a prescription, most **over-the-counter drugs are not covered.**

Note: If an interchangeable product can be used to fill your prescription, Alberta Blue Cross will only pay 70% of the least-cost alternative product identified in the Drug Benefit List. While you may choose a higher-priced alternative, you are responsible for any additional costs. In these cases, the \$25 maximum per drug does not apply.

If a specific medical condition requires you to take a product other than the least-cost alternative, your physician can apply to Alberta Blue Cross for coverage by special authorization. If approved, you will pay 30% up to a \$25 maximum for the drug product. Check with your physician and pharmacist about your prescription to ensure it is covered by Alberta Blue Cross.

- **Hospital costs outside of Canada:** An allowance of up to \$100 per day for hospital charges in a public, general, active treatment hospital located outside Canada, after all government credits have been applied.

- **Ambulance services:** Up to the maximum rate established by Alberta Health for transportation to or from a public, general, active treatment hospital in the event of illness or injury. Transportation must be provided in a ground vehicle licensed under the *Ambulance Services Act* and Regulations.

For the following services, you would pay the bill, then submit the receipt to Alberta Blue Cross for reimbursement:

- **Clinical psychological services:** For treatment of mental or emotional illness by a registered, chartered psychologist, \$20 a visit to a maximum of \$100 in a benefit year per family unit.
- **Home nursing care:** Up to a maximum of \$200 for a family unit per benefit year for services provided by a registered nurse or licensed practical nurse (not related to you) on the written order of a physician.
- **Appliances:** On written order of a physician, the purchase or repair of:
 - artificial eyes
 - artificial limbs (except myoelectric-controlled prosthesis)
 - permanent braces included on the approved Prosthetic and Orthotic Benefit List to the maximum amount indicated on the list
 - mastectomy prosthesis: 50% of the usual charge on the written order of a physician. (Supporting brassieres are not covered by Alberta Blue Cross.)
- **Accidental dental care:** Usual charges for the repair or extraction of natural teeth damaged by a direct, accidental external blow, if repair or extraction is done within 12 months of injury. (The injury must have occurred after the effective date of coverage).

Alberta Blue Cross offices:

Calgary 234-9666

Main Floor, Norcen Tower
715 – 5th Avenue S.W.
Calgary, Alberta
T2P 2X6

Edmonton 428-1110

10009 – 108th Street
Edmonton, Alberta
T5J 3C5

Fort McMurray	790-9054
14 Morrison Centre	
9914 Morrison Street	
Fort McMurray, Alberta	
T9H 4A4	
Grande Prairie	532-3505
Suite 101A	
10712 – 100th Street	
Grande Prairie, Alberta	
T8V 3X8	
Lethbridge	328-1785
470 Chancery Court	
220 – 4th Street South	
Lethbridge, Alberta	
T1J 4J7	
Medicine Hat	529-5553
21, 419 – 3rd Street S.E.	
Medicine Hat, Alberta	
T1A OG9	
Red Deer	343-7009
152 Riverside Office Plaza	
4919 – 59th Street	
Red Deer, Alberta	
T4N 6C9	

The toll free line for people living outside these centres is: **1-800-661-6995**

Temporary Absence from Alberta

If you expect to be out of the province for six months or longer or if you regularly spend extended periods out of Alberta, please let the AHCIP know your expected dates of departure and return and the reason for your absence.

If you take an extended vacation, your coverage continues for up to 12 months from your date of departure, provided you intend to return to live permanently in Alberta. However, if you routinely spend part of every year outside of Alberta, you must be present in Alberta for more than six months each year to remain eligible for AHCIP coverage.

Advise the AHCIP if the expected time of your return is delayed. Also, contact AHCIP if what was originally planned as a short absence is extended

to six months or more. Finally, contact the AHCIP when you return. These steps will ensure you have continuous coverage.

Always carry your personal health card.

Your personal health card shows that you are registered with AHCIP. Carry it when you travel within and outside Canada.

Travelling within Canada. The services the AHCIP pays for in Alberta are also covered when provided in another province of Canada. Costs of health services received outside Alberta vary.

There is an agreement among all provinces (except Quebec) allowing Alberta to pay physicians in other provinces at their rates for medically required services provided to Alberta residents. Any services not included in this agreement, but still covered by the AHCIP, are paid at Alberta rates.

There is also an agreement among provinces (including Quebec) for medically required hospital services. The AHCIP pays for standard ward rates only.

Services covered under these agreements are billed automatically through provincial medical plans. However, if you do not present a valid personal health card, you may be responsible for payment at the time of the service. You may then submit a claim to the AHCIP for reimbursement within 365 days from the date the service was provided.

Generally, for services provided by other practitioners (for example, chiropractors, physical therapists, optometrists and podiatrists) outside of Alberta, you will be asked to pay at the time of service. You can then submit a claim to AHCIP for reimbursement.

Travelling Outside Canada. Your coverage with the AHCIP entitles you to the same insured practitioner services as those covered in Alberta. The amount paid by the AHCIP for out-of-country practitioner services is based on the Alberta rates for the same or similar services. Benefits for medically required hospital services are only payable when provided in active treatment or auxiliary hospitals. The AHCIP pays \$100 (Canadian funds) a day for inpatient hospital services. The maximum payable for routine outpatient/emergency services is \$50 per visit. These hospital rates include all associated costs such as x-rays, laboratory work, medical supplies, nursing services, etc.

Note: Since this coverage is subject to change, it is advisable to contact the AHCIP **before** you leave the country.

Note: Albertans must have prior approval from AHCIP to receive any coverage for out-of-country treatment of drug and alcohol abuse, eating disorders and other addictive behaviour disorders.

Medical and hospital costs in many countries run much higher than in Canada. **You are responsible for paying the difference in cost which may run into hundreds or thousands of dollars, particularly if hospitalization is required.**

It is recommended that you purchase extra health coverage prior to travelling out-of-country. Extra health insurance coverage for travel outside of Canada is available from private insurance companies, brokers, financial advisors and travel agencies.

You should purchase additional health insurance for all trips outside of Canada, even for short trips such as a one-day trip to the U.S.

Be aware that there are variances in extra insurance. Some companies will **not** cover a pre-existing medical condition. You should check around to find the coverage that best meets your needs.

Submitting Claims to the AHCIP for Services Received Outside of Alberta. If, while outside of Alberta, you are asked to pay directly for services that are covered by the AHCIP, you can submit a claim for reimbursement.* Your claim must be received by the AHCIP within 365 days of the date of the health care service. Benefits will be paid according to the approved benefit schedules and in Canadian funds.

* Some private insurers may provide full payment directly to the health providers at the time of service and seek reimbursement from AHCIP on your behalf.

For further information, contact the AHCIP (see page 20 for addresses and phone numbers). When calling or writing, please give your personal health number.

Information required by the Alberta Health Care Insurance Plan (AHCIP). All claims submitted to the AHCIP must include:

- patient's full name, address and postal code
- patient's personal health number
- physician's and/or hospital's full name, address, and postal code
- date(s) of service
- location where service was provided (for example, hospital)
- receipt, if bill has been paid in full
- diagnosis and itemized list of treatment provided

- fee charged for each service
- information about second insurance, if applicable.

Claims submitted to AHCIP must consist of a signed original, an official invoice or statement, or a summary of service details listed on the practitioner's or hospital's official letterhead. Documents written in other languages must be translated before submission. Retain copies of these documents for your files.

Copies of Benefit Statements. Upon request, the AHCIP will send you a statement which shows what benefits have been paid on your behalf for practitioner services. This Statement of Benefits will include information for the most recently completed benefit year (July 1, 1993 to June 30, 1994) plus the current benefit year only at no charge. A fee of \$60.00 plus GST will be charged for each request for a statement for other periods.

Alberta Aids to Daily Living (AADL)

The Alberta Aids to Daily Living program (AADL), in cooperation with authorizers and vendors, assists individuals who have a chronic disability or illness, and individuals who are terminally ill. AADL helps them to secure certain basic medical equipment and supplies necessary for more independent functioning at home or in a homelike setting.

Assistance involves subsidizing the costs of the medical equipment and supplies authorized for the individual. A wide range of benefits are available, including hearing aids, medical/surgical supplies and rehabilitation equipment.

Hearing Aids. If your hearing problems cannot be corrected by medical or surgical treatment, you may want to consider a hearing aid. Hearing aids are provided to people age 65 and over and their dependants, and to recipients of Alberta Widows' Pension and their dependants.

The basic tests for the selection and fitting of a hearing aid can be done by either a clinical audiologist or a hearing aid practitioner.

The majority of hearing aid practitioners and private practice audiologists have an agreement with the government to provide hearing aid benefits.

Warning: Some hearing aid practitioners have not signed an agreement with the government, and you will not receive funding for services provided by them. Ask about this **before** making an appointment.

Before hearing aid services are provided, the hearing aid supplier will require you to obtain a written statement from your physician indicating there is no medical reason why an aid should not be fitted. This is most important, so be sure to see your doctor.

After a minimum 28-day trial period following the fitting of the aid, you will be asked to sign a certificate stating your satisfaction. Payment to the supplier will not be made by the program until you have signed.

In some cases, it takes more than the 28-day trial period to judge whether a hearing aid gives the best results possible. It may take some time to adjust to a hearing aid. Do not hesitate to see your supplier about your aid's performance and to arrange an extension of the trial period if needed.

Do not sign the acceptance form until you are completely satisfied.

The supplier will service and adjust the hearing aid and earmold, if applicable, for 12 months after the trial period. The supplier will attempt to contact you at least twice during the year in order to assess your satisfaction with the hearing aid. If you have any concerns, you should contact your supplier immediately for the necessary follow-up service.

The program has the following limitations:

- Seniors are eligible for *one* hearing aid every five years.
- Replacement of batteries is always at your own cost.
- The program will pay the invoice cost of factory repairs once per benefit year after the 12-month warranty period expires.
- Minor servicing and dealer fees are at your own cost.
- Loss of a hearing aid before the end of the five-year period is not covered by AADL. You are advised to arrange for insurance to cover loss of hearing aids.

After a five-year period, if your hearing aid is no longer serviceable or your hearing impairment has changed, the program **may** approve another aid. Your supplier can explain the hearing aid replacement procedure.

Medical/Surgical Supplies and Rehabilitation Equipment. Certain supplies and equipment are supplied to eligible persons who are disabled for a long time and to individuals who are chronically or terminally ill.

If you require medical/surgical supplies or rehabilitation equipment, you must see a program authorizer registered with the AADL program. Authorizers are health professionals located at your local health unit and in many hospitals. They will assess the need for benefits and complete an

authorization form to order the benefits. Some items may require a physician's prescription.

Benefits include:

- medical/surgical supplies such as ostomy products
- incontinence and catheter supplies
- some basic dressings
- respiratory equipment
- oxygen for clients with chronic low blood oxygen levels
- mobility aids such as walkers and wheelchairs
- bathing/toileting aids such as bath seats, patient lifters, and commodes
- back and hernia support items
- pressure gradient stockings
- mastectomy prostheses
- shoe raises and custom-made orthopaedic shoes for persons with bony foot deformities. (Off-the-shelf orthopaedic shoes are not provided.)

Many supplies are obtained through retail pharmacies and other home medical equipment suppliers. Larger equipment is purchased by the program and is provided on loan through a number of supply companies. The companies will deliver the equipment and perform repairs, as approved by the AADL Program, to keep equipment in good operating condition.

Program authorizers and suppliers have complete lists of all items provided and how often you can receive them.

Cost Sharing: AADL does not pay the total cost of benefits. You must pay 25% of the cost of the benefits to a maximum of \$500 per family per benefit year. (A benefit year is from July 1 of one year to June 30 of the following year.)

Cost Sharing Exemption: You may be exempt from cost sharing if you have a limited income. Call the AADL program and request an application for Full Benefit Assistance. (The address and phone number are on page 36.)

If you are exempt from cost sharing, AADL will give you a **Benefit Assistance Card**. The card will have a reference number and an expiry date. You must show the card to your authorizer and supplier.

Only certain medical and surgical supplies and equipment are provided. To ensure coverage, you must obtain an authorization form before you contact a supplier. The program will not reimburse you for items purchased before registered program authorizers conducted their assessment.

Exception: To obtain custom-made orthopaedic footwear benefits or prosthetic and orthotic devices, you may take a specific prescription from a medical doctor to a specialty shoemaker or orthotist registered with the program.

Special diets and diet supplements are not covered by the program.

Artificial eyes, artificial limbs and rigid metal or plastic braces are not covered by AADL for seniors. They are provided to seniors through Alberta Blue Cross coverage for seniors.

For information, contact:

Alberta Aids to Daily Living (AADL) 427-0731
Alberta Health
2nd Floor, Seventh Street Plaza
10030 - 107th Street
Edmonton, Alberta T5J 3E4

Outside of Edmonton call 310-0000 (toll free) and ask for 427-0731.

Home Care

Home Care is part of the Community Care Program and is available to people of all ages through your local health unit. Home Care, which is available for you as soon as you become a resident of Alberta, provides a range of home health and support services if you have a condition that affects your ability to function independently.

Home Care helps you stay as healthy and independent as possible. Health services include case coordination, nursing, physiotherapy, occupational therapy, respiratory therapy, social work and nutrition services.

The Home Care program may also provide support services, which include personal care assistance, homemaking and other home management services. There is no charge for professional services such as nursing, physical therapy, and referral services. Also, there is no charge for personal care services such as grooming and bathing. There may be a fee for home support services such as homemaking, housekeeping, handyman services and prepared meals delivered to you.

If you receive the Guaranteed Income Supplement, Widows' Pension or Social Allowance benefits, you may be eligible to receive all services, including home support services from the Home Care program free of charge.

Home Care will accept referrals from any source, including individuals, family members, friends and doctors. To identify the services needed, Home Care staff will visit your home and discuss the situation with you.

If you need help that Home Care cannot provide directly, Home Care staff will help to find the needed services. If you need to be in a long-term care centre, Home Care will help you find appropriate service. For information about **Home Care**, contact your local Health Unit (see Appendix I, page 70).

Long-Term Care Centres

In Alberta, long-term care centres (nursing homes and auxiliary hospitals) provide room and board and a range of care services, from personal care with nursing supervision to skilled medical and nursing care. These centres vary in size and are located throughout the province.

Effective April 1, 1994, residents are responsible for the following accommodation charges:

- \$24.75 a day for standard accommodation
- \$26.25 a day for double accommodation
- \$28.60 a day for single accommodation.

The province pays for all care costs.

Accommodation charges are indexed quarterly to the cost of living as reflected in payments from Old Age Security and the Guaranteed Income Supplement.

Residents of nursing homes and auxiliary hospitals are not charged for the cost of prescription drugs and ambulance services.

To qualify for provincial coverage of the care costs in a nursing home, you must have:

- lived in Alberta for three consecutive years at any time previously
- or
- lived in Alberta for one year immediately prior to applying, and been a resident of Canada for 10 years or more.

Admission to a long-term care centre is based on an assessment of need carried out by the staff of the Home Care program. When you apply for helping services, you and Home Care staff may decide a long-term care centre would provide the most appropriate services. If this decision is made, the Home Care staff will then work with the placement committee to find the right centre for you.

For more information about admission to **long-term care centres**, contact your Health Unit (see Appendix I, page 70).

Note: If all you need is a living situation where you are with other older people, you could consider self-contained apartments or lodges, (see pages 48 to 50).

Self-contained apartments provide accommodation for senior citizens at a reasonable rent. Lodges provide room and board to senior citizens who cannot, or do not wish to, handle their own housekeeping. Some assistance to residents may be provided through Home Care. (See the Home Care section, page 36.)

Mental Health Services

A province-wide mental health service is available to all age groups. Services offered include mental health information and education, counselling and psychiatric services. For further information, contact your nearest regional **Mental Health Office:**

Calgary Region 297-4520

206 Hillhurst Prof. Bldg.

301 – 14th Street N.W.

Calgary, Alberta

T2N 2A1

Edmonton Region 427-4444

5th Floor, 108 Street Bldg.

9942 – 108th Street

Edmonton, Alberta

T5K 2J5

Northeast Region 632-5467

Provincial Building

4809 – 50th Street

Vegreville, Alberta

T9C 1R1

Northwest Region 538-5412

2204, 10320 – 99th Street

Grande Prairie, Alberta

T8V 6J4

South Region	382-4475
Suite 1101	
Lethbridge Centre	
400 – 4th Avenue South	
Lethbridge, Alberta	
T1J 4E1	
Central Region	340-5047
303, 4920 – 51st Street	
Red Deer, Alberta	
T4N 6K8	

In addition, inpatient mental health services are available at the Claresholm and Raymond Care Centres and through Alberta Hospital Edmonton and Alberta Hospital Ponoka. They, as well as many other acute care hospitals, offer Day Hospital programs for older people with psychiatric problems. The nearest Regional Mental Health office in the previous listings can direct you to, or provide you with, information on these services.

Geriatric Assessment and Rehabilitation Hospitals

The Edmonton General Hospital and the Rockyview General Hospital in Calgary have specialized geriatric assessment and rehabilitation programs.

For information, contact:

Calgary	541-3453
Rockyview General Hospital	
7007 – 14th Street S.W.	
T2V 1P9	
Edmonton	482-8111
Youville Wing, Edmonton General Hospital	
11111 Jasper Avenue	
T5K 0L4	

Alberta Health Facilities Review Committee

The 12-person Alberta Health Facilities Review Committee is appointed by the provincial government through legislation established in 1972. The legislation gives committee members the authority to visit general hospitals, mental hospitals, long-term care facilities, health units and ambulance services throughout the province, to monitor and evaluate them on behalf of users and the public-at-large.

The committee also has a mandate to investigate complaints. Visits to facilities are not announced. The committee members look at the quality of food and cleanliness of the facility as well as maintenance, the interaction of the manager and staff with the residents, and the life enrichment programs available to residents. Members also look at the services provided by Home Care.

The committee forwards reports, along with recommendations, to local boards as well as to the Minister of Health. Facilities are monitored to make sure recommendations are followed.

For information, contact:

Alberta Health Facilities Review Committee 427-4924
2nd Floor, Pacific Plaza
10909 Jasper Avenue
Edmonton, Alberta T5J 3M9

Health Unit Services

The public health nurse provides health education and counselling to individuals and groups on a variety of health-related concerns including: healthy living, family relationships, changes related to aging, and chronic disease management. In some health units a seniors wellness clinic is available for blood pressure monitoring, footcare, exercise, etc. Immunization against diseases such as influenza (flu) may be offered.

As well, public health nurses may make home visits to seniors who are bereaved, alone or at risk of developing health problems.

Nutrition information, education and consultation is available through health units.

Dental hygienists may provide dental education to groups and dental consultation services to individual seniors.

Sexual health program staff may provide education and counselling about sexuality and aging, and related health issues. Information on sexually transmitted diseases is available by contacting:

1-800-772-2437

Although **speech-language pathology** services to seniors are not provided by all health units, certain areas provide a limited amount of service which includes:

- **Communication disorder remediation** for strokes, head injuries, or degenerative neurological diseases
- **Support groups** for families of clients with communication disorders.

Home Care is delivered through the health units. The staff can assist you in coordinating a range of home services. Contact your local Health Unit (see Appendix I, page 70) for details on programs in your area.

Day Support Programs and Day Hospitals

Day Support programs are group programs, which individuals may attend on a daily basis. They are intended for people who are frail and/or disabled and who need health maintenance, rehabilitation and social/recreational activities. The programs take place in a variety of settings.

Day hospitals are for people who require specialized assessment, treatment and rehabilitation services as an alternative to admission to an acute care hospital. Individual care plans are developed. These programs may be available through acute care programs and auxiliary hospitals.

To find out if there is a day support program or a day hospital in your community, call your local Health Unit (see Appendix I, page 70).

Family and Community Support Services

In some communities, Family and Community Support Services offices assist seniors by offering home chore services, transportation, visiting services and various outreach programs. For information, contact **Family and Community Support Services** (see Appendix II, page 79).

Victorian Order of Nurses

The Victorian Order of Nurses (VON) is a nursing service administered by voluntary boards. Funding is provided through fees for service as well as through funds received from the United Way, government grants and private donations.

The VON provides:

- foot care services in many community-based foot care clinics
- adult day care services for frail, elderly people
- homemaking and nursing care for people in their homes.

A fee is charged. The fee may be covered by government programs, or to a limit of \$200 per year, by Alberta Blue Cross, or by private insurance plans. A fee based on ability to pay will be charged if you don't qualify for any of these funding programs.

For information, call the **Victorian Order of Nurses:**

Calgary	286-8200
Unit 160	
4411 – 16th Avenue N.W.	
Calgary, Alberta	
T3B 0M3	
Edmonton	466-0293
2nd Floor	
4634 – 90A Avenue	
Edmonton, Alberta	
T6B 2P9	
Lethbridge	328-0033
1904 – 13th Avenue North	
Lethbridge, Alberta	
T1H 4W9	
Medicine Hat	529-8025
631 Prospect Drive S.W.	
Medicine Hat, Alberta	
T1A 4C2	

Private Agencies

Look in your local telephone book for information on local private agencies that provide services in the home.

Meals-on-Wheels

Usually for a fee, Meals-on-Wheels provides one hot meal a day to seniors in their homes. These services are available in many areas of Alberta. For information about **Meals-on-Wheels**, contact your local Health Unit (see Appendix I, page 70), Family and Community Support Services (see Appendix II, page 79) or your local information centre (see Appendix III, page 90).

Alberta Monitoring for Health Program

Administered by the Canadian Diabetes Association and funded by Alberta Health, the Alberta Monitoring for Health Program helps eligible registrants to pay for their diabetes supplies. There is a limit on the total amount of supplies available during each benefit period.

To be eligible you must:

- have diabetes mellitus
- be taking insulin
- be a resident of Alberta
- not have any other insurance coverage for any diabetes supplies (other than medication)
- have received training in self-monitoring of blood glucose (if requesting blood testing strips)
- be eligible for Alberta Health Care Insurance coverage.

For information, contact:

Alberta Monitoring for Health Program 488-6299
10240 - 124th Street
Suite 304
Edmonton, Alberta
T5N 3W6

Toll free: 1-800-267-7532

Veterans Independence Program

This program of Veterans Affairs Canada provides personal care and home help such as housekeeping or grounds-keeping to certain veterans who qualify due to health, age or war service disability or who are in receipt of War Veterans Allowance. Requests for assistance with care, if you are in a community facility such as a lodge or long-term care centre, may also be considered.

For information, contact **Veterans Affairs Canada:**

Calgary 292-4048
Sam Livingston Building
Main Floor
510 – 12th Avenue S.W.
T2R 0X5

Edmonton 495-3762
940 Canada Place
9700 Jasper Avenue
T5J 4C3

The Canadian National Institute for the Blind (CNIB)

The Canadian National Institute for the Blind (CNIB) is a non-profit, voluntary rehabilitation agency serving blind and visually impaired individuals across Canada. Services include counselling and information on daily living skills, independent travel and the use of low vision and technical aids.

The **Specialized Technical Equipment Program (STEP)** provides equipment for blind and visually impaired people.

The **Seniors Independence Program (SIP)** provides education about vision loss and the resources available to seniors and professionals who work with seniors in Alberta. The program is also developing and implementing a peer support network for blind and visually impaired seniors in Alberta.

Deaf-Blind Services provides counselling, instruction and intervention to people who have both a vision and hearing loss. It also provides consultation and workshops for professional and other interest groups who wish to know more about deaf-blindness.

For information, contact the Canadian National Institute for the Blind:

Calgary 266-8831
15 Colonel Baker Place N.E. T.D.D.: 266-0105
T2E 4Z3 FAX: 265-5029

Edmonton 488-4871
12010 Jasper Avenue T.D.D.: 482-2791
T5K 0P3 FAX: 482-0017

Grande Prairie 539-4719
10404 – 102nd Street FAX: 539-4719
T8V 2W3

Lethbridge	327-1044
206, 542 – 7th Street South	FAX: 380-2672
T1J 2H1	
Medicine Hat	527-2211
533 – 1st Street S.E.	FAX: 526-3548
T1A 0A9	

Collect calls are welcome at all offices.

Alberta Alcohol and Drug Abuse Commission (AADAC)

AADAC provides treatment programs for alcohol and other drug abuse, and problem gambling, as well as education and preventive services for Albertans.

For information, contact your local AADAC office (listed under Alberta **Alcohol and Drug Abuse Commission** in the white pages of your telephone directory). Or call:

Calgary:

Prevention & Treatment	297-3028
2nd Floor, Stevenson Building	
1177 – 11th Avenue S.W.	
T2R 0G5	

Edmonton:

Prevention	427-4267
803, 10109 – 106th Street	
T5J 3L7	
Treatment	427-2736
10010 – 102A Avenue	
T5J 3G2	

or

Treatment	422-1302
8944 – 182nd Street	
T5J 2E3	

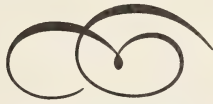
Grande Prairie	538-5210
Northern Addictions Centre	
11333 – 106th Street	
T8V 6T7	

Lac La Biche	623-5287
Provincial Building	
9503 Beaver Hill Road	
T0A 2C0	
Lethbridge	381-5104
Room 254	
Provincial Building	
200 – 5th Avenue South	
T1J 4C7	
Red Deer	340-7165
Main Floor, Provincial Building	
4920 – 51st Street	
T4N 6K8	

Housing Services

Provincial Government Programs

Home Adaptation Program



Eligible homeowners, tenants or landlords may apply to receive a grant to improve wheelchair access, facilitate movement and/or provide security in the home. If you are a homeowner or tenant and your household income in the calendar year before application was less than \$25,000, you may be eligible for a grant of \$5,000. If your household income was between \$25,000 and \$30,000, the grant would be \$2,500.

Residential landlords may also apply for assistance to construct new housing units or to modify existing housing for wheelchair users. Modifications must be permanent.

As an eligible homeowner or tenant, you must:

- be a wheelchair user, or an individual whose disability will eventually require the use of a wheelchair
- live in the home to be adapted
- have a household income equal to or less than \$30,000 for the previous calendar year, or currently receive benefits from the Assured Income for the Severely Handicapped (AISH) program
- live in Alberta for at least nine months of each year
- be a Canadian citizen or landed immigrant with at least three years of residency in Canada and one year of residency in Alberta.

Permanent modifications such as wheel-in showers, levered faucets, wheelchair-accessible cupboards and vanities, ramps, lifts and some security systems are eligible.

Landlords who apply must agree to try to rent to an eligible tenant for not less than three years. The landlord and Alberta Municipal Affairs must agree on the proposed improvements and the allocation of grant funds.

If you apply for this grant and receive approval, you should not expect payment for modifications that were done before your application was approved.

Note: This program is scheduled to terminate on December 31, 1996.

For information and application forms contact:

Home Adaptation Program 427-5760
Alberta Municipal Affairs
Housing and Consumer Affairs
Main Floor, Devonian Building
11156 Jasper Avenue
Edmonton, Alberta
T5J 3B8

Senior Citizens' Lodge Program

Lodges providing room and board to senior citizens are located throughout the province. The Senior Citizens' Lodge program provides affordable housing for seniors who are mentally and physically self-sufficient. The average lodge accommodates 40 to 65 persons and has both single and double rooms. Rental rates may include furnished living accommodation, access to all common areas and facilities, full food services, housekeeping and other services.

Rental rates in provincially funded lodges are set by the local management body. Management bodies may set a minimum monthly lodge rental rate not to exceed \$700.

To protect low-income tenants, management bodies must ensure that each resident has at least \$265 per month in disposable income. The minimum disposable income level is based on the assumption that 80% of lodge residents exist on or under full basic pension income (\$965 per month).

The local foundation or management body operating each lodge is responsible for setting rental rates, handling applications, selecting tenants and setting the rules and regulations for the lodge.

For more information, see **Housing Registries**, page 50.

Alberta Health Facilities Review Committee

This committee investigates long term care centres to see if residents have a safe and healthy environment. For information, see page 40.

Self-Contained Apartments for Seniors

Senior citizens' apartments provide subsidized accommodation for seniors who are in good health but cannot obtain or afford adequate housing for their needs, or who can no longer maintain their homes.

The units are either bachelor or one-bedroom apartments with stoves, refrigerators and carpets. Lounges and laundry facilities are available in each project. Some units are wheelchair accessible.

Rental rates are based on 30% of income as of April 1, 1995.

If you are age 65 or over and have been a resident of Alberta for one year, you may be eligible for a subsidized apartment. Priority is given to those in greatest need. Need is determined by your current housing situation, rent costs, income and access to services.

Applications are made directly to the project management group, which selects the tenants.

For more information, see **Housing Registries**, page 50.

Private Lodges and Apartments

Privately operated lodges and apartments are available in some communities. In these facilities, the management determines admission requirements and fees.

For more information, see **Housing Registries**, page 50.

Other Housing Options for Seniors

Senior citizens are also eligible to apply, to the managing agency, for housing assistance through the Rent Supplement Program and the Community Housing Program. In the Community Housing Program and the Rent Supplement Program, tenants pay 30% of income as of April 1, 1995. Income and asset limits apply, but asset limits **may** be waived for seniors.

The Rent Supplement Program is not universally available and has a limited supply of units. The balance between the 30% of income and market rental rates is cost-shared by the federal and provincial governments and paid to the landlord.

Housing may be in public, non-profit, co-operative or private rental projects. Screening of applicants by the management body is required.

For both programs, local management bodies are responsible for tenant selection, property management and maintenance of the units.

Housing Registries

Registries have lists of senior citizens' apartments and lodges. They may also help you find private accommodation. If one is not available in your area, contact your **local information centre** (Appendix III, page 90), **Family and Community Support Services Office** (Appendix II, page 79) or the **Seniors Information Line**, page 3.

Housing registries for seniors are located at:

Calgary	265-0661
Kerby Centre 1133 – 7th Avenue S.W. T2P 1B2	
Edmonton	423-5510
Society for the Retired and Semi-Retired 15 Sir Winston Churchill Square T5J 2E5	
Lethbridge	329-0556
Lethbridge Housing Authority 1003 Lethbridge Centre Tower 400 – 4th Avenue South T1J 4E1	
Medicine Hat	529-8308
Housing Registry City of Medicine Hat 580 – 1st Street S.E. T1A 8E6	

Federal Government Programs

Residential Rehabilitation Assistance Program (RRAP) for Homeowners



If your house needs major repairs, you may be eligible for financial assistance to help cover the cost. Financial assistance under the Residential Rehabilitation

Assistance Program is provided in the form of a loan. All or part of the loan **may** be “forgiven,” meaning it does not have to be paid back as long as you own and occupy the house for five years after the work is completed. The amount of the forgivable loan varies, depending on your income. Under the program, the house must be brought up to a minimum standard of health and safety.

To be eligible:

- You must have a total household income below the limits set by the program.
- You must own a home that is at least five years old, and live in it.
- Your home must lack basic facilities OR require major repairs to its structure, electrical system, plumbing or heating OR need repairs for fire safety.

You will not receive payment for repairs that were done before your application was approved.

For more information, contact **Canada Mortgage and Housing Corporation:**

Calgary 292-6200

Box 2560

#500, 708 – 11th Avenue S.W.

T2P 2N9

Edmonton 482-8700

Box 1273

#200, 10216 – 124th Street

T5J 2M8

Residential Rehabilitation Assistance Program for Disabled Persons

This program provides financial assistance to modify existing housing to improve accessibility for disabled persons.

A forgivable loan of up to \$5,000 is available. The forgivable loan does not have to be paid back as long as you own and occupy the house for five years after the work is completed. The amount of the forgivable loan varies, depending on your income.

The scope of work can include modifications:

- for people in wheelchairs or with other mobility problems
- to assist people with hearing or vision difficulties
- for age-related difficulties
- for people with severe allergies.

You will not receive payment for any modifications that were done before your application was approved.

To receive funding under the Residential Rehabilitation Assistance Program for the Disabled, your house must meet a minimum standard of health and safety. Repair funds are available under the RRAP for Homeowners, to those who qualify.

Funds are also available under the disabled program for landlords who want to modify rental units to improve accessibility for disabled persons.

For more information, contact **Canada Mortgage and Housing Corporation**. (See addresses and telephone numbers on page 51.)

Residential Rehabilitation Assistance Program for Rental Units

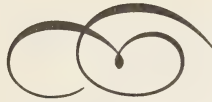
This program will provide financial assistance to owners of rental units to repair substandard units. Details are not available at this time. For information, contact **Canada Mortgage and Housing Corporation**. (See addresses and phone numbers on page 51.)

Residential Rehabilitation Assistance Program for Rooming Houses

This program will provide financial assistance to owners of rooming houses to repair substandard units. Details are not available at this time. For information, contact **Canada Mortgage and Housing Corporation**. (See addresses and phone numbers on page 51.)

Life Enrichment Opportunities

Seniors' Centres



Seniors' centres are located throughout the province. Often operated by organizations of retired people, these centres may offer a variety of social, recreational, sport and educational activities. Some centres also offer service activities such as outreach, friendly visiting, meals, meals-on-wheels, wheels-to-meals, information and referral services, and home repair and maintenance.

Family and Community Support Services (FCSS) Programs

These provincial/municipal programs, available in many parts of Alberta, provide funding for and assist with the development of community programs of interest to senior citizens. Many also provide information about available services (see page 41).

For information, contact your **Family and Community Support Services Office** (Appendix II, page 79) or contact:

Family and Community Support Services Branch..... 427-2803
Alberta Family and Social Services
11th Floor, Seventh Street Plaza
10030 – 107th Street
Edmonton, Alberta
T5J 3E4

New Horizon's Seniors Community Program

Health Canada's New Horizon's Seniors Community Program, which contributes to seniors' health promotion and problem prevention projects, targets high-risk seniors. This renewed funding strategy amalgamates seniors' programming into one consolidated approach.

The program encourages seniors and their communities to work together to meet the needs of those elders who are most at risk of losing their independence.

Priority projects will include: innovative ideas, community partnerships, involvement of high-risk seniors, knowledge development, measurable outcomes and evaluation of results.

For information or applications contact **Health Canada's** regional office:

Edmonton 495-2754
Health Promotion and Social Development
Room 850, Canada Place
9700 Jasper Avenue
T5J 4C3

Calgary 292-6714
Health Promotion and Social Development
Room 278
220 – 4th Avenue S.E.
T2G 4X3

For a copy of “Seniors Guide to Federal Programs and Services” write to:

Seniors Directorate
Health Canada
Ottawa, Ontario
K1A 0K9

Active Living Opportunities

Living actively has been proven to enhance the ability of older adults to live independently. The most popular activities leading to healthy, active lifestyles include: walking for pleasure, picnicking, fishing, swimming, golfing, bicycling and a variety of other activities, especially outdoor activities.

Local Recreation Departments. For information about local recreation and sport programs and activities, contact your recreation department. The phone number will be in your telephone directory.

Alberta Community Development — Recreation and Sport Branch. The Recreation Services Section of the Recreation and Sport Branch of Alberta Community Development can provide you with a variety of resource materials on living a healthy and active life. For information contact:

Recreation Services Section 427-2011
Alberta Community Development
905 Standard Life Centre
10405 Jasper Avenue
Edmonton, Alberta T5J 4R7

The **Alberta Centre for Well-Being** is a provincial organization mandated to enhance the health and well-being of Albertans by providing leadership

and creating education, research and networking opportunities through coordinated, collaborative efforts. For information, call 453-8692 in Edmonton; elsewhere in Alberta call 1-800-661-4551 (toll free).

The **Alberta Senior Citizens Sport and Recreation Association** provides opportunities for people 55 years of age and over to participate in a wide range of recreation activities. For information, call 228-1974 in Calgary. (See page 67).

The **Alberta Seniors Games**, which provide competition in both sport and cultural activities, are held every two years. For information, contact the Alberta Sport, Recreation, Parks and Wildlife Foundation in Calgary at 297-2503 or in Edmonton at 453-6232. (See page 67).

Provincial Parks. Albertans who are 65 and over receive a discount on camping fees for a maximum stay of 16 days. You must have proof of age and have resided in Alberta for one year. A \$5.35 fee will be charged for reservations. For information, call 427-7009 in Edmonton.

Fishing Licences are not required if you are 65 or over and a resident of Alberta. You must carry proof of your age, and you must comply with all sport fishing regulations. This free fishing does not apply in the national parks in Alberta.

National Parks. Canadians who are 65 and over and are driving their own vehicle are admitted to national parks free of charge. A special sticker can be obtained from the gate attendant at any national park. It must be renewed each year. You must show proof of age and proof that the registered owner of the vehicle is over 65. For information, call **Visitor Services** in Calgary at 292-4401.

Volunteer Services and Opportunities

If you would like to get involved as a volunteer, check with your local information centre, Family and Community Support Services Office or Health Unit, or contact senior citizens' organizations and service clubs. (See **Senior Centres**, page 53).

The **Canadian Executive Service Organization (CESO)** recruits qualified retired people for service projects:

- in developing countries for up to six months duration
- with Canadian natives for an average duration of one week.

All expenses are paid.

For information, contact:

CESO 421-4740

1724 Royal Trust Tower
Edmonton Centre
Edmonton, Alberta T5J 2Z2

CUSO recruits qualified retired people for contracts lasting a maximum of two years.

For information, contact:

CUSO 429-2741

206, 10136 – 100th Street
Edmonton, Alberta T5J 0P1

Counselling Assistance for Small Enterprise (CASE) encourages people with varied backgrounds to provide their services as consultants at nominal fees.

For information, contact the **Federal Business Development Bank:**

Calgary 292-5000

1900 Suncor Tower
500 – 4th Avenue S.W.
T2P 2V6

Edmonton 495-2277

606 Metropolitan Place
10303 Jasper Avenue
T5J 3N6

Continuing Education

Universities and Colleges. The following institutions offer credit courses on a tuition-free basis to persons age 65 or over if space is available after fee-paying students have been accommodated:

- Alberta Vocational College, Calgary
- Alberta Vocational College, Edmonton
- Alberta Vocational College, Lac La Biche
- Alberta Vocational College, Lesser Slave Lake
- Southern Alberta Institute of Technology, Calgary
- Northern Alberta Institute of Technology, Edmonton

Senior citizens may attend some other educational institutions in the province on a tuition-free basis or with a minimal registration fee. For information, contact the **registrar's office** at the nearest university or college, your **local information centre** (Appendix III, page 90) or your **Family and Community Support Services Office** (Appendix II, page 79).

The University of Alberta offers a **Spring Session for Seniors**. For information, contact the Faculty of Extension at 492-3116.

The University of Calgary provides a variety of courses for seniors. For information contact Continuing Education at 220-4100.

Other part-time, non-credit educational opportunities may be available to you in your community. For information contact the coordinator of your Community Adult Learning Council.

If you cannot locate the coordinator in your area, contact the **Seniors' Information Line**, page 3, your **local information centre** (Appendix III, page 90), or:

Adult Development Branch427-5624
Alberta Advanced Education and Career Development
6th Floor, East Tower
11160 Jasper Avenue
Edmonton, Alberta T5K 0L3

Elderhostel Canada is an educational program for individuals age 60 or over who wish to participate in short-term academic programs around the world while living on site.

For information, contact:

Elderhostel Canada (613) 530-2222
308 Wellington Street
Kingston, ON K7K 7A7

Consumer Help

Alberta Municipal Affairs, Housing and Consumer Affairs, has offices in Calgary, Edmonton, Fort McMurray, Grande Prairie, Lethbridge, Medicine Hat, Peace River and Red Deer. These offices offer the following services:

- consumer complaint investigation
- family debt counselling
- free information on topics related to Alberta consumer law.

For information, contact:

Alberta Municipal Affairs
Housing and Consumer Affairs Division
Box 1616
Edmonton, Alberta T5J 2N9

or phone:

Calgary and Southern Alberta 297-5700
Edmonton and Northern Alberta 427-4088

Transportation

Bus Passes



In some areas, people who are 65 and over can obtain bus passes at reduced cost. You must supply proof of age when applying.

For information about bus passes, contact:

Calgary 268-5111

In person:

City of Calgary Social Services
Special Needs Transportation
7th Floor, Municipal Building
800 MacLeod Trail S.E.

Write to:

Box 2100, Station "M"
T2P 2M5

Edmonton 428-8868

City of Edmonton Transit
LRT Churchill Station (underground)
99th Street and 102A Avenue
(Across from Edmonton Art Gallery)
T5J 3R5

Lethbridge 320-2222

Senior Citizens Centre
500 – 11th Street South
T1J 4G7

Red Deer 342-8111

In person:

City Hall
City Clerk's Department
4914 – 48th Avenue

Write to:

Box 5008
T4N 3T4

Special Transportation Help

A per capita grant from Alberta Transportation and Utilities helps cities, towns, counties, municipalities, improvement districts and incorporated villages and hamlets to develop transportation for the elderly and disabled. Your local government determines appropriate uses for these funds.

If you cannot use the regular transportation system, some help may be available. Contact your **local information centre** (Appendix III, page 90), your **Health Unit** (Appendix I, page 70) or your **Family and Community Support Services Office** (Appendix II, page 79).

Handicapped Placard

If you have a disability that makes movement difficult, you can request a handicapped placard or vehicle plate. A physician must complete a form confirming your condition, and you will need two pieces of identification.

For information, contact any **Alberta Registries agent** or:

In Calgary

Motor Vehicles Information 297-4210
4020 Bowness Road N.W.
T3B 0A2

In Edmonton

Motor Vehicles Information 427-7013
15220 – 114th Avenue
T5M 2Z2

Travel Discounts

Most airlines, railroads and bus companies offer discounts to people age 60 and over, with proof of age.

Discounts on **airlines** vary for different destinations and different types of fares, and each airline has its own program. You should ask about discounts when booking reservations.

Both **Via Rail Canada** (train) and **Greyhound Lines of Canada** (bus) provide a 10 percent discount on regular fares to individuals age 60 and over. **Red Arrow** (express bus between Calgary, Red Deer, Edmonton and Fort McMurray) provides some discounts to individuals age 60 and over.

Legal Services

Victims' Assistance Program



If you have been a victim of crime or a witness to a crime, you can receive assistance with the court process. There is a Victims' Services Unit in most local police departments or RCMP detachments.

In Edmonton, the John Howard Society operates a Victims' Assistance Program that provides information and support to victims of crime. This program has court support workers available to:

- provide emotional support
- provide information on the criminal court process
- help you understand your role as a witness
- attend court with you
- provide referrals to appropriate programs or agencies.

If you are outside of the Edmonton area, the Edmonton John Howard Society can refer you to appropriate services in your community.

For information, contact the Edmonton John Howard Society:

Edmonton 422-0721

Office of the Ombudsman

The Ombudsman investigates complaints against departments, boards and agencies of the provincial government. The major exemptions are the actions of the courts, the Legislative Assembly and government lawyers while they appear in court.

This office also provides information or refers people to a person, department, or agency that can assist them.

For information, contact the **Office of the Ombudsman**:

Calgary 297-6185
850 Ford Tower
633 – 6th Avenue S.W.
T2P 2Y5

Edmonton 427-2756
 1630 Phipps-McKinnon Building
 10020 – 101A Avenue
 T5J 3G2

If you live elsewhere in Alberta, contact your RITE operator at 310-0000 (see page 3).

Legal Aid Society

The Legal Aid Society can provide legal representation for eligible individuals. Repayment at a reduced rate may be required.

For information, contact the **Legal Aid Society**:

Calgary 297-2260
 Edmonton 427-7575
 Fort McMurray 743-7356
 Grande Prairie 538-5470
 Hinton 865-8239
 Lethbridge 381-5194
 Medicine Hat 529-3553
 Peace River 624-6250
 Red Deer 340-5119
 St. Paul 645-6205
 Wetaskiwin 352-7011

Public Trustee

The Public Trustee:

- is the trustee of last resort for dependent adults (people who are unable to administer their own financial affairs because of a mental disability)
- administers deceased persons' estates when they die intestate (without leaving a will) if the deceased persons have no adult beneficiaries residing in the province
- acts as guardian by protecting the assets and financial interests of missing persons and children under 18 years of age.

For information, contact the **Office of the Public Trustee:**

Calgary	297-6541
2100 A.G.T. Tower	
411 – 1st Street S.E.	
T2G 4Y5	
Edmonton	427-2744
400 South J.E. Brownlee Building	
10365 – 97th Street	
T5J 3Z8	

Public Guardian

The Office of the Public Guardian provides a legal means for a court-appointed guardian to make, or assist in making, decisions for adult Albertans who are unable to care for themselves and to make reasonable judgements in respect of matters relating to their persons.

For information, contact the **Office of the Public Guardian:**

Calgary	297-3364
Room 510, Place 800	
800 – 6th Avenue S.W.	
T2P 3G3	
Edmonton	427-0017
4th Floor, 108 Street Building	
9942 – 108th Street	
T5K 2J5	
Lethbridge	381-5648
501 Professional Building	
740 – 4th Avenue South	
T1J 0N9	
Red Deer	340-5165
2nd Floor, Provincial Building	
4920 – 51st Street	
T4N 6K8	

Lawyer Referral Service

If you can afford to pay for a lawyer but do not know one who can help you, the Lawyer Referral Service of the Law Society of Alberta will provide you with the names of three lawyers to choose from. You receive the first half hour of discussion free of charge. During that time, you can discuss fees and decide whether you want to use the lawyer you have contacted.

For information, contact:

Lawyer Referral Service Office 228-1722
Room 600, 919 – 11th Avenue S.W. Toll free: 1-800-661-1095
Calgary, Alberta T2R 1P3

Dial-A-Law

Dial-A-Law is a telephone service that provides pre-recorded information tapes on a variety of legal topics.

Calgary 234-9022
Toll free: 1-800-332-1091

Seniors Advisory Council for Alberta, Publications

The Seniors Advisory Council for Alberta offers these booklets free of charge:

- Legal Rights of Older Persons
- Power of Attorney, Guardianship and Trusteeship and the Elderly
- Living Wills: A Background Paper

The Council's address is provided on the first page of this booklet.

Provincial Organizations for Seniors

Alberta Council on Aging



The Alberta Council on Aging (ACA) is a province-wide charitable organization of groups and individuals concerned with the process of aging. The ACA works towards change on both the individual and societal level, and towards enhancing the active community participation of seniors in society.

The ACA is an advocate for seniors on issues related to health, finances, transportation, education, leisure, law, safety, housing and other concerns of Alberta's aging population.

The majority of the ACA board of directors are senior citizens, elected by the membership.

The **ACA News**, published six times a year and provided to members, is a source of current information on issues concerning Alberta's seniors. The ACA also publishes material related to the interests of seniors' organizations. Member organizations have free use of the ACA film/video library, and the ACA provides several programs and services such as workshops and conferences.

The ACA encourages communication and sharing of resources among seniors' groups and organizations. It acts as secretariat for the Interagency Council, a group representing provincial non-government organizations working with seniors.

Annual membership fees:

- individual – \$10
- couples – \$15
- organizations – \$25

Life membership fees:

- individual – \$100
- couples – \$150

For information, contact:

Alberta Council on Aging 423-7781
#501, 10506 Jasper Avenue
Edmonton, Alberta T5J 2W9

Canadian Pensioners Concerned, Alberta Division

Canadian Pensioners Concerned concentrates its activities on the financial concerns and problems of pensioners. This senior citizens' organization researches areas of need, irregularities, discrepancies and general financial matters related to pensioners. It monitors legislation passed or proposed, and makes its findings known to whichever government is involved by means of briefs, presentations and lobbying.

A newsletter, published four times a year, informs members of benefits available and legislation affecting pensioners.

All the work of Canadian Pensioners Concerned is carried on by volunteers. Donations and contributions from members and the community are its only source of income to cover operating expenses.

Membership is available to individuals, seniors citizens' groups and senior citizens' organizations such as drop-in centres.

Annual membership fees are:

- single members – \$10
- married couples – \$15
- organizations – \$20

For information, contact:

Canadian Pensioners Concerned Alberta Division 454-9223
13923 – 108th Avenue
Edmonton, Alberta T5M 2C9

Alberta Pensioners and Senior Citizens Organization

Alberta Pensioners and Senior Citizens Organization is a voluntary organization with local chapters in Alberta. The Alberta organization, founded in 1942 in Lethbridge, is a member of the National Pensioners and Senior Citizens Federation.

The organization is concerned about pensions and other issues affecting the elderly.

Chapters meet regularly. There is an annual meeting at which proposed resolutions are voted on and forwarded to the appropriate bodies.

For further information, contact:

Alberta Pensioners and Senior Citizens Organization 553-4762
President — Rulon Hirsche
Box 266
Fort MacLeod, Alberta T0L 0Z0

Alberta Senior Citizens Sport and Recreation Association

This volunteer action group promotes sport, recreation and fitness development for adults age 55 and over. It acts as the provincial voice of the Alberta Seniors' Games, and encourages and promotes participation in the Games at the local level. The board of directors consists of an executive and representatives from branches in eight zones across the province.

The annual membership fee is \$10. Among the benefits for members are a quarterly newsletter, \$15,000 sport accident insurance and regular communication about province-wide events through the branch system.

For information, contact:

Alberta Senior Citizens Sport and Recreation Association 228-1974
890, 1520 – 4th Street S.W.
Calgary, Alberta T2R 1H5

Congratulatory Messages



The Premier of Alberta, the Queen, the Governor General and the Prime Minister of Canada send congratulatory messages to senior citizens on special anniversaries and birthdays.

Messages from the Premier of Alberta. A scroll may be requested for a 75th birthday and each fifth year thereafter to age 95; it may be requested yearly after that. A letter can be sent for a 30th to 49th wedding anniversary. A scroll may be requested for a 25th, 50th, 55th, 60th and 65th wedding anniversary as well as for each year after the 65th.

To request a scroll from the Premier, ensure that your request is received at the Premier's office at least one month before the special birthday or anniversary. For more information, contact:

Your Member of the Legislative Assembly (M.L.A.)

or

Correspondence Office of the Premier of Alberta

Room 502, Legislature Building

Edmonton T5K 2B6

Phone: 427-2251

Messages from the Queen. On request, messages may be arranged for 60th wedding anniversaries and 100th birthdays and every five years thereafter. If no message was previously received, one may be sent for the 61st anniversary or the 101st birthday, for example. A copy of a marriage or birth certificate or other supporting document must accompany each request. Other supporting documents include an old age security number, a dated newspaper clipping acknowledging a previous anniversary (50th), or a letter from a parish minister, rabbi or priest certifying the date of the wedding or birth.

Messages from the Governor General of Canada. On request, messages may be arranged for 50th wedding anniversaries and 90th birthdays, and then every five years thereafter. If no message was previously received, one may be sent for the 51st anniversary or the 91st birthday, for example.

To request messages from the Queen and/or the Governor General, ensure that your request, accompanied by supporting documents where required, is received at the Governor General's office at least six weeks in advance of the occasion. For more information, contact:

Your Member of Parliament (MP)

or

Office of the Secretary to the Governor General

Rideau Hall, Anniversary Section

1 Sussex Drive

Ottawa K1A 0A1

Messages from the Prime Minister of Canada. On request, a scroll can be sent for a 75th birthday and every five years thereafter. A letter can be sent for a 25th to 49th wedding anniversary with five-year intervals. A scroll can be sent on a 50th wedding anniversary and thereafter as requested.

To request a scroll or letter from the Prime Minister, ensure that your request is received at the Prime Minister's office at least six weeks in advance of the special date. For more information, contact:

Your Member of Parliament (MP)

or

Office of the Prime Minister

Room 105, Langevin Block

Ottawa K1A 0A2.

Appendix I — Health Units and Sub-Offices

A wide variety of programs and services are offered through Health Unit offices located throughout the province. Their offices are listed alphabetically by location. For information about programs in your area, contact your nearest Health Unit office or your Regional Health Authority (Appendix IV, page 92).

Airdrie 948-4105

Mount View Health Unit

Lock Box 3757

203 Main Street

Airdrie, T4B 2B9

FAX: 948-3014

Athabasca 675-2231

Athabasca Health Unit

3401 – 48th Avenue

Athabasca, T9S 1M7

FAX: 675-3111

Banff 762-2990

Banff National Park Health Unit

Box 1266

Banff, TOL OCO

FAX: 762-5570

Barrhead 674-3408

Sturgeon Health Unit

Box 4131

Barrhead, T7N 1A1

FAX: 674-3941

Beaumont 929-2454

Leduc-Strathcona Health Unit

5005 – 50th Avenue

Beaumont, T4X 1E7

FAX: 929-2001

Beaverlodge 354-2647

South Peace Health Unit

Box 120

Beaverlodge, TOH OCO

FAX: 354-8410

Black Diamond 652-3200

Foothills Health Unit

Box 34

128 Centre Avenue N.W.

Black Diamond, TOL OHO

FAX: 933-4335

Blairmore 562-7378

Chinook Health Unit

Box 67

12501 – 20th Avenue

Blairmore, TOK OEO

FAX: 562-7379

Bonnyville 826-3381

Northeastern Alberta Health Unit

Box 5244

5102 – 51st Street

Bonnyville, T9N 2G4

FAX: 826-6470

Bow Island 545-2296

Southeastern Alberta Health Unit

Box 949

Bow Island, TOK OGO

FAX: 545-6357

Brooks 362-3388

Southeastern Alberta Health Unit
Box 894
440 – 3rd Street East
Brooks, T1R 1B7
FAX: 362-8126

Calgary (surrounding area) 221-8000

Mount View Health Unit
#200, 6715 – 8th Street N.E.
Calgary, T2E 7H7
FAX: 274-1925

Calgary (city) 228-7400

Calgary Health Services
Box 4016, Station C
320 – 17th Avenue S.W.
Calgary, T2T 5T1
FAX: 245-1736

Calling Lake 331-3760

Athabasca Health Unit
General Delivery
Calling Lake, TOG OKO
FAX: 331-2200

Camrose 672-7311

Alberta East Central Health Unit
4703 – 53rd Street
Camrose, T4V 1Y8
FAX: 679-2223

Canmore 678-5656

Mount View Health Unit
Box 428
800 Access Road
Canmore, TOL OMO
FAX: 678-5068

Cardston 653-4981

Chinook Health Unit
Box 1590
576 Main Street
Cardston, TOK OKO
FAX: 653-4985

Castor 882-3404

Alberta East Central Health Unit
Box 94
Castor, TOC OXO
FAX: 882-2387

Claresholm 625-4061

Chinook Health Unit
5221 – 2nd Street West
Claresholm, TOL OTO
FAX: 625-4062

Coaldale 327-6507

Barons/Eureka/Warner Health Unit
Box 1000
2012 – 18th Street
Coaldale, T1M 1M8
FAX: 345-2043

Cochrane 932-2353

Mount View Health Unit
Box 432
213 – 1st Street West
Cochrane, TOL OWO
FAX: 932-7219

Consort 577-3770

Big Country Health Unit
Box 146
Consort, TOC 1BO
FAX: 577-2235

Coronation 578-3200

Alberta East Central Health Unit
Box 338
Coronation, TOC 1CO
FAX: 578-3122

Delburne 749-3660

Red Deer Regional Health Unit
Box 376
Delburne, TOM OVO
FAX: 749-2710

Devon..... 987-3118
 Leduc-Strathcona Health Unit
 Box 567
 6 Superior Street
 Devon, TOC 1EO
 FAX: 987-2002

Didsbury..... 335-3233
 (Direct from Calgary)264-5742
 Mount View Health Unit
 Box 117
 1601 – 15th Avenue
 Didsbury, TOM OWO
 FAX: 335-8361

Drayton Valley..... 542-4415
 Alberta West Central Health Unit
 Box 5280
 Drayton Valley, T7A 1R4
 FAX: 542-5894

Drumheller..... 823-3341
 Drumheller Health Unit
 601 – 7th Street East
 Drumheller, TOJ OY5
 FAX: 823-6657

Edmonton (city)..... 482-1965
 Edmonton Board of Health
 Suite 500, 10216 – 124th Street
 Edmonton, T5N 4A3
 FAX: 482-3271

Edson..... 723-4421
 Alberta West Central Health Unit
 Box 6240
 Edson, T7E 1T7
 FAX: 723-6299

Elk Point..... 724-3532
 Northeastern Alberta Health Unit
 Box 442
 Elk Point, TOA 1AO
 FAX: 724-2867

Empress..... 565-3795
 Big Country Health Unit
 Box 206
 Empress, TOJ 1EO
 FAX: 565-3890

Evansburg..... 727-2288
 Alberta West Central Health Unit
 Box 59
 4902 – 50th Avenue
 Evansburg, TOE OTO
 FAX: 727-2079

Fairview..... 835-4951
 Peace River Health Unit
 Box 552
 Fairview, TOH 1LO
 FAX: 835-3879

Falher..... 837-2145
 Peace River Health Unit
 Box 636
 Falher, TOH 1MO

Fort MacLeod..... 553-4451
 Chinook Health Unit
 Box 727
 521 – 26th Street
 Fort MacLeod, TOL OZO
 FAX: 553-2333

Fort McMurray..... 743-3232
 Fort McMurray and District
 Health Unit
 9921 Main Street
 Fort McMurray, T9H 4Y5
 FAX: 743-8506

Fort Vermilion..... 927-3391
 Northwestern Health Unit
 Box 68
 Fort Vermilion, TOH 1NO
 FAX: 927-4440

Fort Saskatchewan 998-3366

Leduc-Strathcona Health Unit
3th Floor, 9821 – 108th Street
Fort Saskatchewan, T8L 2J2
FAX: 998-7404

Fox Creek 622-3730

Stony Plain/Lac Ste Anne Health Unit
Box 430
Fox Creek, TOH 1PO
FAX: 622-4169

Glendon 635-3861

Northeastern Alberta Health Unit
Box 570
Glendon, TOA 1PO
FAX: 635-4213

Grande Cache 827-3504

Alberta West Central Health Unit
Box 478
10001 Hoppe Avenue
Grande Cache, TOE OYO
FAX: 827-2728

Grande Centre 594-4404

Northeastern Alberta Health Unit
4720 – 55th Street
Grande Centre, TOA 1T1
FAX: 594-2404

Grande Prairie 532-4441

South Peace Health Unit
10320 – 99th Street
Grande Prairie, T8V 6J4
FAX: 532-1550

Hanna 854-3325

Big Country Health Unit
Box 279
Hanna, TOJ 1PO
FAX: 854-4850

High Level 926-7000

Northwest Health Unit
Bag 2000
2nd Floor, 9808 – 100th Avenue
High Level, TOH 1ZO
FAX: 926-7001

High Prairie 523-4434

Peace River Health Unit
Box 33
High Prairie, TOG 1EO
FAX: 523-5946

High River 652-3297

Foothills Health Unit
Box 5638
310 Macleod Trail
High River, T1V 1M7
FAX: 652-2537

Hinton 865-2277

Alberta West Central Health Unit
1280A Switzer Drive
Hinton, T7V 1T5
FAX: 865-3727

Hughenden 856-3655

Alberta East Central Health Unit
Box 25
31 McKenzie Avenue
Hughenden, TOB 2EO
FAX: 856-2034

Innisfail 227-3636

Red Deer Regional Health Unit
Box 6094
4904 – 50th Street
Innisfail, T4G 1S7
FAX: 227-4170

Jasper 852-4759

Jasper National Park Health Unit
Box 1740
300 Miette Avenue
Jasper, T0E 1E0
FAX: 852-4752

Kinuso 775-3501

Athabasca Health Unit
Box 208
Kinuso, TOC 1K0
FAX: 775-3944

Kitscoty 846-2824

Minburn-Vermilion Health Unit
Box 508
Kitscoty, TOB 2P0
FAX: 846-2731

La Crete 928-3242

Northwestern Health Unit
Box 295,
La Crete, TOH 2H0
FAX: 928-3080

Lac La Biche 623-4471

Athabasca Health Unit
Box 869
9503 Beaverhill Road
Lac La Biche, TOA 2C0
FAX: 623-2615

Lacombe 782-3218

Red Deer Regional Health Unit
Box 219
5010 – 51st Street
Lacombe, TOC 1S0
FAX: 782-2866

Lamont 895-2248

Vegreville Health Unit
Box 65
Lamont, T0B 2R0

Leduc 986-2222

Leduc-Strathcona Health Unit
Bag 1340
5007 – 49th Avenue
Leduc, T9E 6M6
FAX: 986-1424

Lethbridge

Lethbridge Health Unit 327-2166
801 – 1st Avenue South
Lethbridge, T1K 4L5
FAX: 328-5934

Lethbridge Home Care Program 327-3827

FAX: 327-8494

Magrath 758-3331

Chinook Health Unit
Box 126
135 West Civic Avenue
Magrath, TOK 1J0
FAX: 758-3332

Manning 836-3765

Peace River Health Unit
Box 95
Manning, T0H 2M0
FAX: 836-2918

Mayerthorpe 786-4198

Stony Plain-Lac Ste Anne
Health Unit
General Delivery
Mayerthorpe, T0E 1N0
FAX: 786-2383

Medicine Hat 526-7950

Southeastern Alberta Health Unit
2948 Dunmore Road S.E.
Medicine Hat, T1A 8E3
FAX: 528-2250

Medicine Hat 527-1136

Home Care Programs
Southeastern Alberta Health Unit
770 – 1st Street S.E.
Medicine Hat, T1A 0B4
FAX: 526-8229

Morinville 939-3699

Sturgeon Health Unit
103 Provincial Building
10008 – 107th Street
Morinville, T8R 1L3

Nanton 646-2277

Foothills Health Unit
Box 812
2214 – 20th Street
Nanton, T0L 1R0
FAX: 646-2277

Okotoks 938-4911

Foothills Health Unit
Box 758
22 Elizabeth Street
Okotoks, T0L 1T3
FAX: 938-2783

Olds 556-8441

Mount View Health Unit
103, 5030 – 50th Street
Olds, T4H 1S1
FAX: 556-6842

Oyen..... 664-3651

Big Country Health Unit
Box 296
Oyen, T0J 2J0
FAX: 664-2934

Peace River..... 624-3611

Peace River Health Unit
Box 6178
10015 – 98th Street
Peace River, T8S 1S2
FAX: 624-3169

Picture Butte..... 732-4020

Barons/Eureka/Warner Health Unit
Box 652
Picture Butte, T0K 1V0

Pincher Creek 627-3266

Chinook Health Unit
Box 1685
782 Main Street
Pincher Creek, T0K 1W0
FAX: 627-2771

Ponoka 783-4491

Wetoka Health Unit
5900 Highway 2A
Ponoka, T4J 1P5
FAX: 783-3825

Provost 753-6180

Alberta East Central Health Unit
Box 729
Provost, T0B 3S0
FAX: 753-2064

Rainbow Lake 956-3646

Northwestern Health Unit
Box 177
Rainbow Lake, T0H 2Y0
FAX: 956-3338

Raymond 752-3303

Barons/Eureka/Warner Health Unit
Box 251
Raymond, T0K 2S0
FAX: 752-4655

Red Deer..... 341-2100

Red Deer Regional Health Unit
2845 Bremner Avenue
Red Deer, T4R 1S2
FAX: 341-2196

Redwater..... 942-3801

Sturgeon Health Unit
Box 57
4715 – 50th Avenue
Redwater, TOA 2WO

Rimbey..... 843-2288

Wetoka Health Unit
Box 464
4709 – 51st Avenue
Rimbey, TOC 2JO
FAX: 843-3050

Rocky Mountain House 845-3030

Red Deer Regional Health Unit
Box 340
4934 – 50th Street
Rocky Mountain House, TOM 1TO
FAX: 845-4975

Sedgewick..... 384-3652

Alberta East Central Health Unit
Box 12
Sedgewick, T0B 4C0
FAX: 384-3699

Sherwood Park

Leduc-Strathcona Home Care Office. 467-5549
2 Brower Drive
Sherwood Park, T8H 1V4
FAX: 449-1476

Leduc-Strathcona Health Unit 467-5571

FAX: 449-1338

Slave Lake 849-3947

Athabasca Health Unit
405 – 6th Avenue S.W.
Slave Lake, TOG 2AO
FAX: 849-3083

Smith/Flatbush 829-3758

Athabasca Health Unit
Box 68
Smith, TOG 2BO

Smoky Lake 656-3595

Northeastern Alberta Health Unit
Box 127
Smoky Lake, TOA 3CO
FAX: 656-2242

Spirit River 864-3063

South Peace Health Unit
Box 187
Spirit River, TOH 3GO
FAX: 864-4187

Spruce Grove..... 962-4072

Stony Plain/Lac Ste Anne Health Unit
Box 4323
Spruce Grove, T7X 3B5
FAX: 962-4994

St. Albert 459-6671

Sturgeon Health Unit
Box 174
23 Sir Winston Churchill Avenue
St. Albert, T8N 1N3
FAX: 460-2829

St. Paul..... 645-3396

Northeastern Alberta Health Unit
5610 – 50th Avenue
St. Paul, TOA 3A1
FAX: 645-6609

Stettler..... 742-3326

Alberta East Central Health Unit
Box 550
5911 – 50th Avenue
Stettler, TOC 2LO
FAX: 742-1353

Stony Plain..... 963-3366

Stony Plain/Lac Ste Anne
Home Care
203, 4709 – 44th Avenue
Stony Plain, T7Z 1S3
FAX: 963-9267

Stony Plain 963-8000

Stony Plain/Lac Ste Anne
Health Unit
4905 – 47th Avenue
Stony Plain, T7Z 1S3
FAX: 963-7612

Strathmore 934-4310

Drumheller Health Unit
650 Westchester Road
Strathmore, T1P 1H8
FAX: 934-3827

Sundre 638-4063

Mount View Health Unit
Box 101
212 – 6th Avenue N.E.
Sundre, T0M 1X0
FAX: 638-4460

Swan Hills 333-7077

Sturgeon Health Unit
c/o Hospital
Box 261
Swan Hills, T0G 2C0
FAX: 333-7009

Sylvan Lake 887-2241

Red Deer Regional Health Unit
Bay 4
1 Sylvan Drive
Sylvan Lake, T0M 1Z0
FAX: 887-2610

Taber 223-4403

Barons/Eureka/Warner Health Unit
Box 2135
5009 – 56th Street
Taber, T0K 2G0
FAX: 223-8733

Thorsby 789-3031

Leduc/Strathcona Health Unit
Box 314
4825 Hankin Street
Thorsby, T0C 2P0
FAX: 789-3747

Three Hills 443-2275

Drumheller Health Unit
Box 95
1011 – 2nd Street North
Three Hills, T0M 2A0
FAX: 443-2207

Tofield 662-3984

Vegreville Health Unit
5218 – 50th Street
Tofield, T0B 4J0
FAX: 662-3355

Two Hills 657-3361

Vegreville Health Unit
c/o Two Hills Health Care Centre
Box 458
4401 – 53rd Avenue
Two Hills, T0B 4K0
FAX: 657-2928

Valleyview 524-3338

South Peace Health Unit
Box 756
Valleyview, T0H 3N0
FAX: 524-3153

Vauxhall 654-2151

Barons/Eureka/Warner Health Unit
Vauxhall Town Office
Vauxhall, T0K 2K0

Vegreville 632-3331

Vegreville Health Unit
Box 99
5318 – 50th Street
Vegreville, T9C 1R1
FAX: 632-4334

Vermilion 853-5270

Minburn/Vermilion Health Unit
Box 720
4701 – 52nd Street
Vermilion, T0B 4M0
FAX: 853-7362

Vilna 636-3933

Northeastern Alberta Health Unit
Box 159
Vilna, T0A 3L0

Vulcan 485-2423

Foothills Health Unit
Box 214
Vulcan Square
Vulcan, T0L 2B0
FAX: 485-2639

Wabasca 891-3931

Athabasca Health Unit
Box 9
Wabasca, T0G 2K0
FAX: 891-3011

Wainwright 842-4077

Minburn/Vermilion Health Unit
Box 716
#22, 801 – 14th Avenue
Wainwright, T9W 1R2
FAX: 842-3151

Warner 327-5578

Barons/Eureka/Warner Health Unit
Box 8
300 County Road
Warner, T0K 2L0
FAX: 642-3944

Westlock 349-3316

Sturgeon Health Unit
Box 274
10724 – 101st Street
Westlock, T0G 2L0
FAX: 349-5725

Wetaskiwin 352-3337

Wetoka Health Unit
5610 – 40th Avenue
Wetaskiwin, T9A 3E4
FAX: 352-2691

Whitecourt 778-5555

Stony Plain/Lac Ste. Anne
Health Unit
163 Provincial Building
Whitecourt, T7S 1N2
FAX: 778-3852

Winfield 682-3731

Wetoka Health Unit
Box 114
Winfield, T0C 2X0
FAX: 682-3734

Worsley 685-3752

Peace River Health Unit
General Delivery
Worsley, T0H 3W0
FAX: 685-2007

Appendix II — Family and Community Support Services Offices

Airdrie 948-8875

Social Planning Unit

P.O. Bag 5

125 Main Street

Airdrie, T4B 2C9

FAX: 948-6567

Alix 747-2030

Box 222

Alix, T0C 0B0

FAX: 747-3663

Athabasca 675-2623

4720 – 48th Street

Athabasca, T9S 1L7

FAX: 675-5933

Banff 762-1253

Box 1260

#201, 220 Bear Street

Banff, T0L 0C0

FAX: 762-1264

Barrhead 674-3341

#3, 5115 – 45th Street

Barrhead, T7N 1J2

FAX: 674-4571

Bassano 641-3520

c/o Bassano Hospital

Box 120

608 – 5th Avenue

Bassano, T0J 0B0

FAX: 641-2157

Beaumont 929-8782

5600 – 49th Street

Beaumont, T4X 1A1

FAX: 929-8729

Beaverlodge 354-2204

Box 30

218 – 10th Street

Beaverlodge, T0H 0C0

FAX: 354-2207

Berwyn 338-3801

Box 250

5006 – 51st Street

Berwyn, T0H 0E0

FAX: 338-2224

Black Diamond 933-4340

Box 10

301 Centre Avenue West

Black Diamond, T0L 0H0

FAX: 933-5865

Blairmore 562-8833

Box 370

8502 – 19th Avenue

Coleman, T0K 0M0

FAX: 563-5474

Blackie 684-3688

Box 220

Blackie, T0L 0J0

FAX: 684-3308

Bon Accord 921-2137
Box 100
5025 – 50th Avenue
Bon Accord, T0A 0K0
FAX: 921-3585

Bonnyville 826-2120
Bag 1006
4917 – 49th Avenue
Bonnyville, T9N 2J7
FAX: 826-4806

Bonnyville 826-3333
Long Lake Cree Nation
Box 6218
Bonnyville, T9N 2G8
FAX: 826-2355

Bow Island 545-2656
Box 327
502 Centre Street
Bow Island, T0K 0G0
FAX: 545-6642

Breton 696-3636
Box 480
Civic Centre, 4916 – 50th Avenue
Breton, T0C 0P0
FAX: 696-3590

Brocket 965-3940
Peigan Indian Band
Box 70
Brocket, T0K 0H0
FAX: 965-2214

Brooks 362-3333
Bag 880
201 – 1st Avenue West
Brooks, T1R 1B7
FAX: 362-4787

Bruderheim 796-3731
Box 280
4844 – 52nd Avenue
Bruderheim, T0B 0S0
FAX: 796-3037

Calgary 268-5111
Social Services Department (8116)
Box 2100, Station “M”
7 floor, 800 MacLeod Trail S.E.
Calgary, T2P 2M5
FAX: 268-8275

Camrose 672-0141
4703 – 53rd Street
Camrose, T4V 1Y8
FAX: 672-2833

Canmore 678-5599
Box 460
1900 – 8th Avenue
Canmore, T0L 0M0
FAX: 678-6661

Cardston 653-3734
Box 280
67 – 3rd Avenue West
Cardston, T0K 0K0
FAX: 653-2499

Caroline 722-3781
Box 148
5004 – 50th Avenue
Caroline, T0M 0M0
FAX: 722-4050

Carstairs 337-3341
Box 370
1119 Osler Street
Carstairs, T0M 0N0
FAX: 337-3343

Caslan 689-2170
Buffalo Lake Metis Settlement
Box 20
Caslan, T0A 0R0
FAX: 689-2024

Castor 882-2115
Box 752
5019 – 50th Avenue
Castor, T0C 0X0
FAX: 882-4155

Claresholm 625-4417
Box 1297
221 – 45th Avenue West
Claresholm, T0L 0T0
FAX: 625-3869

Coaldale 327-6507
Box 1000
2012 – 18th Street
Coaldale, T1M 1M8
FAX: 345-2043

Cochrane 932-3400
Box 10
127 – 1st Avenue West
Cochrane, T0L 0W0
FAX: 932-3450

Cold Lake 639-3626
101, 311 – 10th Street
Cold Lake, T0A 0V2
FAX: 639-2673

Coleman 562-8833
Box 370
8502 – 19th Avenue
Coleman, T0K 0M0
FAX: 563-5474

Coronation 578-3803
5015 Victoria Avenue
Coronation, T0C 1C0
FAX: 578-3024

Cremona 637-3762
Box 10
206 – 1st Street East
Cremona, T0M 0R0
FAX: 637-2101

Crossfield 946-5565
Box 500
1412 Railway Street
Crossfield, T0M 0S0
FAX: 946-4523

Didsbury 335-9255
Town of Didsbury
Box 1511
2037 – 19th Avenue
Didsbury, T0M 0W0
FAX: 335-9794

Didsbury 335-3311
County of Mountainview
Bag 100
1601 – 15th Avenue
Didsbury, T0M 0W0
FAX: 335-9207

Drayton Valley 542-7777
Box 77
5516 Industrial Road
Drayton Valley, T7A 1R1
FAX: 542-7770

Drumheller 823-1324
703 – 2nd Avenue West
Drumheller, T0J 0Y3
FAX: 823-7739

Dunmore 526-2888
MD of Cypress No. 1
Box 108
Dunmore, T0J 1A0
FAX: 526-8958

Eckville 746-3177

Box 39

5023 – 51st Avenue

Eckville, T0M 0X0

FAX: 746-2900

Edmonton 496-5801

5th floor, Centennial Library

7 Sir Winston Churchill Square

Edmonton, T5J 2V4

FAX: 496-5996

Edson County 723-8223

M.D. of Yellowhead #94

2716 – 1st Avenue

Edson, T7E 1N9

FAX: 723-5066

Edson 723-4401

Box 6300

607 – 50th Street

Edson, T7E 1T7

FAX: 723-3508

Elk Point 724-3800

Box 340

4902 – 52nd Street

Elk Point, T0A 1A0

FAX: 724-4303

Fairview 835-5461

Box 730

10209 – 109th Street

Fairview, T0H 1L0

FAX: 835-3576

Falher 837-8311

Box 487

Falher, T0H 1M0

FAX: 837-2763

Foremost 867-3733

Box 159

301 Main Street

Foremost, T0K 0X0

FAX: 867-2031

Fort Chipewyan 697-3674

Box 120

Fort Chipewyan, T0P 1B0

FAX: 697-3810

Fort MacLeod 553-4491

Box 232

2215 – 2nd Avenue

Fort MacLeod, T0L 0Z0

FAX: 553-2426

Fort McMurray 743-7911

3 Floor, 9909 Franklin Avenue

Fort McMurray, T9H 2K4

FAX: 743-7025

Fort Saskatchewan 992-6200

Mail: 10005 – 102nd Street or 992-6267

Fort Saskatchewan, T8L 2C5

Street: 10213 – 100th Avenue

Fort Saskatchewan

FAX: 992-0192

Fort Vermilion 927-4340

Box 637

Fort Vermilion, T0H 1N0

Fox Creek 622-3896

Box 149

304 – 4th Avenue

Fox Creek, T0H 1P0

FAX: 622-4247

Frog Lake 943-2211

Frog Lake

Box 80

Frog Lake, T0A 1M0

FAX: 943-2212

Gibbons 923-3331

Box 68
4807 – 50th Avenue
Gibbons, T0A 1N0
FAX: 923-3691

Gleichen/Siksika 734-3040

Blackfoot F.C.S.S. Office
Box 1189
Siksika, T0J 3W0

Glendon 645-5311

Box 1480
5101 – 50th Street
Glendon, T0A 3A0
FAX: 645-5076

Glenevis 967-2225

Alexis Band
Box 7
Glenevis, T0E 0X0
FAX: 967-5484

Goodfish Lake 636-7000

Whitefish Lake Band Administration
Box 271
Goodfish Lake, T0A 1R0
FAX: 636-7006

Grande Cache 827-2296

Box 446
3208 Pine Plaza
Grande Cache, T0E 0Y0
FAX: 827-2406

Grande Centre 594-5026

Elizabeth Metis Association
Box 420
Grande Centre, T0A 1T0
FAX: 594-5452

Grande Centre 594-6899

Cold Lake First Nations
Box 359
Grande Centre, T0A 1T0
FAX: 594-4017

Grande Prairie 532-9722

County of Grande Prairie
8611 – 108th Street
Grande Prairie, T8V 4C5
FAX: 532-4234

Grande Prairie 538-0409

City of Grande Prairie
P.O. Bag 4000
9905 – 100th Street
Grande Prairie, T8V 6V3
FAX: 538-4880

Granum 687-3822

Box 88
304 Railway Avenue
Granum, T0L 1A0
FAX: 687-2285

Hanna 854-4700

Box 430
202 – 1st Street West
Hanna, T0J 1P0
FAX: 854-2772

High Level 926-2422

Dene Tha Ehts-Ande
Box 958
High Level, T0H 1Z0
FAX: 926-2475

High Level 926-2267

Box 208
10009 – 99th Street
High Level, T0H 1Z0
FAX: 926-2104

High Level 759-3912

Little Red River Cree Nation

Jean d'or Prairie

Box 1165

High Level, T0H 1Z0

FAX: 759-3780

High Prairie..... 523-4401

Lesser Slave Lake Indian Regional Council

Box 1740

2 floor, 5028 – 53rd Avenue

High Prairie, T0G 1E0

FAX: 523-4406

High Prairie..... 523-4441

Box 999

5305 – 49th Street

High Prairie, T0G 1E0

FAX: 523-4902

High River 652-2110

129 – 3rd Avenue West

High River, T1V 1M9

FAX: 652-2396

Hinton 865-6023

813 Switzer Drive

Hinton, T7V 1V1

FAX: 865-6065

Hobbema 585-3793

Samson Band Community

Box 159

Hobbema, T0C 1N0

FAX: 585-2700

Hythe 356-3888

Box 219

10011 – 100th Street

Hythe, T0H 2C0

FAX: 356-2009

Innisfail 227-3376

4943 – 53rd Street

Innisfail, T4G 1A1

FAX: 227-4045

Irricana 935-4672

Box 100

260 – 1st Avenue

Irricana, T0M 1B0

FAX: 935-4270

Jasper 852-2100

Box 1090

303 Pyramid Avenue

Jasper, T0E 1E0

FAX: 852-5176

Killam 385-3976

Box 450

5203 – 49th Avenue

Killam, T0B 2L0

FAX: 385-3667

La Crete 928-3967

Box 586

La Crete, T0H 2H0

Lac La Biche 623-4463

Box 756

10016 – 103rd Avenue

Lac La Biche, T0A 2C0

Lac La Biche 623-2130

Heart Lake Administration

Box 447

Lac La Biche, T0A 2C0

FAX: 623-3505

Lacombe 782-6637

Box 1179

2 floor, 5033 – 52nd Street

Lacombe, T0C 1S0

FAX: 782-5655

Lacombe 782-6601
County of Lacombe
Box 1330
5432 – 56th Avenue
Lacombe, T0C 1S0
FAX: 782-3820

Leduc 980-7109
City of Leduc
#1 Alexander Park
Leduc, T9E 4C4
FAX: 980-7127

Leduc County, see Nisku

Lethbridge 320-3020
Mail: c/o City Hall
910 – 4th Avenue South
Street: City Administration Building
817 – 4th Avenue South
Lethbridge, T1J 0P6
FAX: 380-2512

Lloydminster 875-9127
4419 – 52nd Avenue
Lloydminster, T9V 0Y8
FAX: 875-4712

Mannville 763-3005
Box 534
5004 – 49th Street
Mannville, T0B 2W0
FAX: 763-6132

Ma-Me-O Beach 586-2251
Summer Village
Box 99
Ma-Me-O Beach, T0C 1X0
FAX: 586-3615

Medicine Hat 529-8311
Social Planning Department
580 – 1st Street S.E.
Medicine Hat, T1A 8E6
FAX: 526-1239

Medley 594-6006
Box 2260
Medley, T1A 2M0
FAX: 594-5776

Mirror 747-2416
Box 96
Mirror, T0B 3C0
FAX: 747-2416

Morinville 939-5887
Alexander Indian Band
Box 3419
Morinville, T8R 1S3
FAX: 939-6166

Morinville 939-4321
Municipal District of Sturgeon
9601 – 100th Street
Morinville, T8R 1L9
FAX: 939-3003

Morinville 939-4361
Town of Morinville
10125 – 100th Avenue
Morinville, T8R 1L6
FAX: 939-5633

Morley 881-3871
Stony Tribal Council Counselling
Centre and Social Services
Box 250
Morley, T0L 1N0
FAX: 881-2359

Nampa 322-3954
Box 572
Nampa, T0H 2R0
FAX: 322-2100

Nanton 646-2436
Box 910
2120 – 20th Street
Nanton, T0L 1R0
FAX: 646-2653

Nisku 955-3555

County of Leduc #25
Bag 2500
1101 – 5th Street, Nisku
Leduc, T9E 2X3
FAX: 955-3444

Okotoks 938-4222

Box 220
99 Okotoks Drive
Okotoks, T0I 1T0
FAX: 938-8934

Olds 556-6981

4911 – 51st Avenue
Olds, T4H 1R5
FAX: 556-6537

Oneway 967-5338

Box 540
4812 – 51st Street
Oneway, T0E 1V0
FAX: 967-3226

Paddle Prairie 981-2342

Box 59
Paddle Prairie, T0H 2W0
FAX: 981-3737

Peace River 624-1000

Box 5162
10008 – 100th Avenue
Peace River, T8S 1R8
FAX: 624-4664

Pincher Creek 627-2232

Box 2841
Pincher Creek, T0K 1W0

Ponoka 783-4462

Box 4004
Ponoka, T4J 1R5
FAX: 783-4483

Provost 753-2288

Box 758
5419 – 44th Street
Provost, T0B 3S0
FAX: 753-2788

Rainbow Lake 956-3880

c/o Children's Centre
Box 191
Rainbow Lake, T0H 2Y0

Raymond 752-3303

Box 251
200 North 200 West
Raymond, T0K 2S0
FAX: 752-4655

Red Deer 342-8100

Box 5008
4914 – 48th Avenue
Red Deer, T4N 3T4
FAX: 347-4636

Redcliff 548-7415

Box 40
1 – 3rd Street, N.E.
Redcliff, T0J 2P0
FAX: 548-6623

Rimbey 843-2030

Box 404
5025 – 55th Street
Rimbey, T0C 2J0
FAX: 843-3270

Rocky Mountain House 845-3720

Box 1509
5116 – 50th Avenue
Rocky Mountain House, T0M 1T0
FAX: 845-3230

Rocky Mountain House 845-4444

MD of Clearwater

Box 550

Rocky Mountain House, T0M 1T0

FAX: 845-7330

Rocky Mountain House 989-3943

O'Chiese Indian Band

Box 1570

Rocky Mountain House, T0M 1T0

FAX: 989-3795

Rocky Mountain House 989-3740

Sunchild 1st Nation Administration

Box 747

Rocky Mountain House, T0M 1T0

FAX: 989-2533

Saddle Lake 726-3829

Saddle Lake Tribal Administration

Box 100

Saddle Lake, T0A 3T0

FAX: 726-3788

Sexsmith 568-4345

Box 420

9927 – 100th Street

Sexsmith, T0H 3C0

FAX: 568-2200

Sherwood Park 464-4044

21 Festival Way

Sherwood Park, T8A 5T8

FAX: 449-1220

Slave Lake 849-5325

Box 858

Lakeland C

Slave Lake, T0G 2A0

FAX: 849-3043

Smoky Lake 656-2255

Box 460

Smoky Lake, T0A 3C0

FAX: 656-3675

Spruce Grove 962-2611

315 Jespersen Avenue

Spruce Grove, T7X 3E8

FAX: 962-2526

Sputinow 943-2202

Fishing Lake Métis Settlement

General Delivery

Sputinow, T0A 3G0

FAX: 943-2575

St. Albert 459-1505

5 St. Anne Street

St. Albert, T8N 3Z9

St. Paul 645-5311

Box 1480

5101 – 50th Street

St. Paul, T0A 3A0

FAX: 645-5076

St. Paul 645-1950

County of St. Paul

5015 – 49th Avenue

St. Paul, T0A 3A4

FAX: 645-3104

Standard/Wheatland FCSS 644-3822

Box 361

Standard, T0J 3G0

FAX: 644-2284

Standoff 737-3974

Blood Tribe

Box 118

Standoff, T0L 1Y0

FAX: 737-2877

Stavely 549-3761

Box 249

5001 – 50th Avenue

Stavely, T0L 1Z0

FAX: 549-3743

Stettler 742-2337

Box 2097

4919 – 53rd Street

Stettler, T0C 2L0

FAX: 742-1391

Stony Plain 963-9770

4912 – 51st Avenue

Stony Plain, T7Z 1S4

FAX: 963-0935

Strathmore/Wheatland 934-5335

Info Centre

Box 2156

Strathmore, T1P 1K2

FAX: 934-2457

Sundre 638-3220

Box 705

Sundre, T0M 1X0

FAX: 638-2052

Swan Hills 333-4303

Town of Swan Hills

Municipal Building

Box 607

5536 Main Street

Swan Hills, T0G 2C0

FAX: 333-4547

Sylvan Lake 887-3433

Box 70

4725 – 43rd Street

Sylvan Lake, T0M 1Z0

FAX: 887-3660

Taber 223-4403

Box 2135

5009 – 56th Street

Taber, T0K 2G0

FAX: 223-8733

Thorhild 398-3688

Box 310

710 – 7th Avenue

Thorhild, T0A 3J0

FAX: 398-2100

Three Hills 443-5454

Box 610

135 – 2nd Avenue South

Three Hills, T0M 2A0

FAX: 443-2616

Three Hills 443-2255

MD of Kneehill

Box 400

232 Main Street

Three Hills, T0M 2A0

Tofield 662-3269

Box 30

5407 – 50th Street

Tofield, T0B 4J0

FAX: 662-3929

Turner Valley 933-4944

Box 330

202 Main Street

Turner Valley, T0L 2A0

FAX: 933-5377

Two Hills 657-3540

Box 687

5019 – 51st Street

Two Hills, T0B 4K0

Valleyview 524-5150

Box 270

4802 – 50th Street

Valleyview, T0H 3N0

FAX: 524-2727

Vegreville 632-3966

Box 809
4829 – 50th Street
Vegreville, T9C 1R9
FAX: 632-3088

Vermilion 853-2091

Box 1170
Vermilion, T0B 4M0
FAX: 853-4910

Viking 336-4024

Box 688
5116 – 50th Street
Viking, T0B 4N0

Vulcan 485-2192

Box 594
115 – 2nd Avenue North
Vulcan, T0L 2B0
FAX: 485-2914

Wainwright 842-2555

902 – 5th Avenue
Wainwright, T9W 1C7
FAX: 842-5783

Warner 642-3737

Box 8
300 County Road
Warner, T0K 2L0
FAX: 642-3944

Westlock 349-5900

Box 506
9936 – 107th Street
Westlock, T0G 2L0
FAX: 349-5551

Wetaskiwin 352-6023

City of Wetaskiwin
5010 – 50th Avenue
Wetaskiwin, T9A 0S4
FAX: 352-0930

Wetaskiwin 352-3321

County of Wetaskiwin
Box 6960
Wetaskiwin, T9A 2G5
FAX: 352-3486

Whitcourt 778-6300

Box 509
5004 – 52nd Avenue
Whitcourt, T7S 1N6
FAX: 778-4166

Wildwood 325-3782

MD of Yellowhead FCSS
Box 300
5215 – 50th Street
Wildwood, T0E 2M0
FAX: 325-3783

Winterburn 470-4505

Enoch Tribal Administration
Box 2, Site 2, RR 1
Winterburn, T0E 2N0
FAX: 470-3380

Appendix III — Local Information and Referral Centres

In addition to the Health Units and Family and Community Support Services offices, many communities have local information centres which provide information on the services available in your community. Centres are located at:

Calgary 265-0661

Kerby Centre
1133 – 7th Avenue S.W.
Calgary, T2P 1B2
FAX: 264-7047

Calgary 266-6200

Senior Citizens' Central Council of Calgary
807 - 6th Street S.E.
Calgary, T2G 4V8
FAX: 269-5183

Camrose 672-7022

Camrose and District Senior Centre
5415 – 49th Avenue
Camrose, T4V 0N6
FAX: 679-0194

Edmonton 423-5510

The Society for the Retired and Semi-Retired
15 Sir Winston Churchill Square
Edmonton, T5J 2E5
FAX: 426-5175

Fort McMurray 791-3234

Salvation Army Seniors
125 Elmore Drive
Fort McMurray, T9H 4N8
FAX: 791-3236

Grande Prairie 539-6255

Grande Prairie and Area Council on Aging
10222 – 101st Avenue
Grande Prairie, T8V 0Y5
FAX: 532-5970

Lacombe 782-6637

Seniors Information Outreach Coordinator
Box 1179
5033 – 52nd Street
Lacombe, T0C 1S0
FAX: 782-5655

Lethbridge 320-2222

Lethbridge Seniors Citizens
Organization
500 – 11th Street South
Lethbridge, T1J 4G7
FAX: 320-2762

Medicine Hat 529-8383

Veiner Centre
225 Woodman Avenue S.E.
Medicine Hat, T1A 3H2

Red Deer 343-6074

Golden Circle Senior Outreach Coordinator
4620 – 47th Avenue
Red Deer, T4N 3P5

St. Albert 458-2771

St. Albert Seniors
7 Tache Street
St. Albert, T8N 2S3

Strathcona Seniors

Information Line 464-4242

100 Ordze

Sherwood Park, T8B 1M6

FAX: 449-1354

Wainwright 842-2777

Wainwright District Support Services

Box 1891

902 – 5th Avenue

Wainwright, T0B 4P0

FAX: 842-5783

Appendix IV — Regional Health Authorities

A wide variety of community programs and services are offered through Health Unit offices located across the province. Effective April 1, 1995 these units are operated by 17 Regional Health Authorities. For information on the location of Health Unit offices and the range of programs and services available, contact the Regional Health Authority for your area (please refer to the Alberta Health Regions Map, page 93).

Region 1: Chinook Regional Health Authority	553-4141
Region 2: Palliser Health Authority	529-8042
Region 3: Headwaters Regional Health Authority	652-0104
Region 4: Calgary Regional Health Authority	541-3670
Region 5: Regional Health Authority #5	823-5245
Region 6: David Thompson Regional Health Authority	845-5600
Region 7: East Central Regional Health Authority	742-7922
Region 8: West View Regional Health Authority	723-8919 or 723-8918
Region 9: Crossroads Regional Health Authority	352-3766
Region 10: Capital Health Authority	427-6031
Region 11: Aspen Regional Health Authority	349-8705
Region 12: Lakeland Regional Health Authority	656-2030
Region 13: Mistahia Regional Health Authority	538-5387
Region 14: Peace Health Region	624-7120
Region 15: Keeweenok Lakes Regional Health Authority	523-6748
Region 16: Northern Lights Regional Health Authority	743-7347
Region 17: Northwestern Health Services Region	926-3791

Alberta Health Regions



Index

A

AADAC, 45
 AADL, 33
 ACA News, 65
 Accidental dental care, 29
 Active Living, 54
 Admission to a long-term care centre, 37
 AHCIP claims, 32
 Aids to Daily Living, 33
 Airline discounts, 60
 Alberta Advanced Education, 54, 57
 Alberta Aids to Daily Living (AADL), 33
 Alberta Alcohol and Drug Abuse Commission (AADAC), 45
 Alberta Association of Optometrists, 26
 Alberta Blue Cross, 28
 Alberta Centre for Well Being, 54
 Alberta Community Development, 2
 Alberta Consumer and Corporate Affairs, 57
 Alberta Council on Aging (ACA), 65
 Alberta Dental Association, 27
 Alberta Denturist Society, 27
 Alberta Family and Social Services, 19, 53
 Alberta Health Care Insurance premium subsidy, 14
 Alberta Health Care Insurance coverage, 21
 Alberta Health Care Insurance Plan (AHCIP), 20
 Alberta Health Facilities Review Committee, 40, 48
 Alberta Monitoring for Health Program, 43
 Alberta Municipal Affairs, 48
 Alberta Opticians Association, 26

Alberta Pensioners and Senior Citizens Organization, 66
 Alberta Senior Citizens Sport and Recreation Assoc, 55, 67
 Alberta Seniors Benefit (ASB), 14, 21
 Alberta Seniors Games, 55
 Alberta Transportation and Utilities, 60
 Alberta Vocational College, 56
 Alberta Widows' Pension Program, 18
 Alcohol and Drug Abuse Commission, 45
 Ambulance Services, 29
 Anniversaries, 68
 Apartments, 49
 Auxiliary Hospitals, 37

B

Benefit statements, AHCIP, 33
 Birthdays, 68
 Blind and visually impaired, 44
 Blue Card, 6
 Blue Cross, Alberta, 28
 Bus Passes, 59

C

Canada Mortgage and Housing Corporation (CMHC), 51
 Canada Pension Plan (CPP), 9
 Canadian Diabetes Association, 43
 Canadian Executive Service Organization (CESO), 55
 Canadian National Institute for the Blind (CNIB), 44
 Canadian Pensioners Concerned, Alberta Division, 66
 Chiropractic services, 21
 Claims history, 27
 CNIB, 44
 Community Care Program, 36

Community Housing Program, 49
 Complaints, provincial government, 61
 Congratulatory Messages, 68
 Consumer help, 57
 Continuing education, 56
 Counselling, 44
 Counselling and psychiatric services, 38
 Counselling Assistance for Small Enterprise (CASE), 56

D

Day Support Programs and Day Hospitals, 41
 Deaf-Blind services, 44
 Dental services, 23, 25
 Dentures, 25
 Dependent Adults Act, 62
 Diabetes supplies, 43
 Dial-A-Law, 64
 Direct deposit of cheques, 6
 Drivers licence medical examinations, 22
 Drugs, 28

E

Edmonton General Hospital, 39
 Elderhostel Canada, 57
 Extended Health Benefits Program (EHB), 23
 Extended vacations, 30
 Extra billing, AHCIP, 22
 Eye examinations, 22
 Eyeglasses, 23, 24

F

Family and Community Support Services Offices, 79
 Family and Community Support Services Programs, 41, 53

Federal Business Development Bank, 56

Federal government programs
Housing, 51

Retirement income, 4

Financial counselling, 57

Fishing licences, 55

Foot care services, 21

Friendly visiting, 53

Further Education Council, 57

G

Geriatric Assessment and
Rehabilitation Hospitals, 39

Goods and Services Tax Credit
(GST), 13

Government of Alberta Information
System, 3

Governor General of Canada, 68

Greyhound of Canada, 60

Group 66, 28

GST Credit, 13

Guaranteed Income Supplement
(GIS), 7

H

Handicapped placard, 60

Health Benefits and Services, 20

Health care insurance coverage, 21

Health care, private agencies, 42

Health Unit Services, 40

Health Units and Sub-Offices, 70

Hearing aids, 33

Home Adaptation Program, 47, 48

Home Care, 36

Home management services, 36

Home nursing care, 29

Homemaking, 36

Hospital services, 22

Housing Options for Seniors, 49

Housing registries, 50

Housing Services, 47

Human Resources Development
Canada, 4

I

Income, Retirement, 4

Income Security Programs offices, 4

L

Law Society of Alberta, 64

Lawyer Referral Service, 64

Legal Aid Society, 62

Legal rights of older persons, 64

Legal services, 61

Life enrichment opportunities, 53

Living wills, 64

Local Information and Referral
Centres, 90

Lodges, 48, 49

Long-Term Care Centres, 37

M

Meals-on-Wheels, 43, 53

Medical equipment and supplies, 33

Medical supplies and rehabilitation
equipment, 34

Mental Health Services, 38

Motor Vehicle License, 60

N

National Parks, 55

National Pensioners and Senior
Citizens Federation, 66

New Horizons, 53

Northern Alberta Institute of
Technology, 56

Nursing homes, 37

O

Office of the Ombudsman, 61

Office of the Public Guardian, 63

Office of the Public Trustee, 63

Old Age Security Pension (OAS), 5

Ombudsman, 61

Organizations for seniors,
provincial, 65

Outreach, 53

P

Personal care assistance, 36

Physical therapy services, 21

Power of attorney, guardianship and
trusteeship, 64

Premier of Alberta, 68

Prescription drugs, 28

Prime Minister of Canada, 69

Private lodges and apartments, 49

Proof of Age Questionnaire, 21

Provincial income assistance, 14

Provincial organizations for
seniors, 65

Provincial Parks, 55

Psychological services, 29

Public Guardian, 63

Public health nurse, 40

Public Trustee, 62

Q

Queen of Canada, 68

R

Railway discounts, 60

Reciprocal Agreement on Social
Security, 6

Recreation and Sport Branch, 54

Red Arrow Express (bus), 60

Referral services, 53

Regional Health Authorities
(RHAs), 92

Registering with the AHCIP, 21

Rehabilitation equipment, 33

Rent Supplement Program, 49

Residential Rehabilitation Assistance
Program for Disabled, 52

Residential Rehabilitation Assistance
Program for Homeowners, 51

Residential Rehabilitation Assistance
Program for Rental Units, 51

Residential Rehabilitation Program
for Rooming Houses, 52

Retirement Income, 4

Revenue Canada, 13

RHAs, 92

RITE line, 3

Rockyview General Hospital, 39

Room and board, 48

RRAP, 51

S

Senior Citizens (Blue) Card, 6

Senior Citizens Week, 1

Seniors Advisory Council for
Alberta, 1, 64

Seniors' Centres, 53

Seniors Independence Program
(SIP), 44

Seniors' Information Line, 3

Seniors Policy and Programs, 2

Social allowance, 19

Southern Alberta Institute of
Technology, 56

Special transportation help, 60

Specialized Technical Equipment
Program (STEP), 44

Spouse's Allowance, 8

Spring Session for Seniors, 57

Submitting claims to the AHCIP, 32

Support services, 36

Supports for Independence, 19

Surgical supplies, 34

T

T.I.P.S., 13

Tax Information Phone Service
(T.I.P.S.), 13

Tax Preparation, 13

Transportation, 59

Travel Discounts, 60

Travelling outside Canada, 31

U

University of Alberta, 57

University of Calgary, 57

V

Veterans Affairs Canada, 12, 44

Veterans Independence
Program, 12, 43

Via Rail Canada, 60

Victims Assistance Program, 61

Victorian Order of Nurses, 42

Volunteer services and
opportunities, 55

Volunteer Tax Program, 13

W

War Disability Pensions, 12

War veterans, 12

War Veterans Allowance, 12

Wheels-to-meals, 53

Widowed Spouse's Allowance, 8

Withholding of tax, 6

Women's and Seniors Secretariat, 2

Notes:

Notes:

Notes:

Notes:

Notes:

Notes:

